

International Cookbook



American Association
of
University Women

Winston-Salem, North Carolina

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INTERNATIONAL RECIPES

Collected by

The Winston-Salem Branch of
American Association of University Women

These recipes are from the files of our foreign-born residents of Winston-Salem and from our members and friends who have visited and lived in many places in the world.

The Winston-Salem Branch of AAUW designates its proceeds from the sale of this cookbook to AAUW Fellowships which enable women throughout the world to pursue graduate research and study.

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A CUP OF TEA

A cup of tea,
A dash of cinnamon,
No more than these do I require
To bring the Orient to me.

A sip of coffee,
A pie of cocoanut,
And I feel the glow of the healing warmth
Of the all-embracing tropical sun.

A pungent cup of onion soup,
A chicken braised with wine,
And my tastebuds quicken and my body demands
The delicacies the French chef can provide.

A sturdy mug of foaming beer,
A richly crusted apple pie,
And in my veins the blood is coursing
With solid German strength.

A plate of hearty spaghetti,
A dish of simple ravioli,
And I slip away into the joyousness of living
We find in the Latin World.

A juicy clove-spiced ham,
A bowl of steaming rice,
And in an instant I can bridge the miles
From Zanzibar to Bangladesh.

An unknown taste in a beverage,
A new foreign brand on my pantry shelf,
And I am rapt in gratitude
For those in every land whose skills in foodcraft
Are very much a part of me.

Blanche R. Zimmerman

CONTINENTAL EUROPE



HOLLAND

ERWTENSOEP (Dutch Pea Soup)

- 1 lb green split peas
- 4 qt water
- Salt
- 1 lb chopped pork meat
- 3 stalks celery
- 7 green onions
- 1 lb Polish (no garlic) or Old World Sausage
(with skin perforated)

Keep washed peas in water overnight and cook in the same water with salt for 1½ hours. Stir now and then. Add water if necessary. Add pork. Cook for 30 minutes. Add sausage. Cook for an additional 30 minutes. Remove sausage. (It is later sliced into the soup.) Add the washed and chopped vegetables and simmer for another half hour. Slice sausage and add to soup mixture. The thicker the soup, the better.

Jettina Haven

HOTCH POTCH WITH CARROTS

3 lb big carrots
4½ lb potatoes
1 lb onions
2 lb stew meat
2 oz margarine or butter (½ stick)
1 qt water

Boil the meat in the water and salt for one hour in covered pan. Stir occasionally. Clean and slice the carrots, peel the potatoes and onions and slice them. After one hour, remove the meat and add carrots and continue boiling. After 15 minutes add potatoes and onions and boil for 30 minutes more. The carrots boil 45 minutes in all. Add water if it evaporates while cooking. Drain and mash the vegetables. Keep hot.

Mustard Sauce

2 bouillon cubes
2 C water
2 T corn starch
1 T dry mustard
3 T butter

Dissolve the bouillon cubes in the boiling water. Add some water to the corn starch. Stir and pour into the boiling solution. Boil and stir till thickened. Add the butter. Mix the mustard with some water and add to the sauce. Serve the Hotch Potch with the reheated or baked meat and the sauce. Flatten the potatoes and carrots in a dish and make diamonds on the surface with a fork. Garnish the dish with some parsley. Serves 6.

Jettina Haven

CARROTS – FLEMISH STYLE

Scrape, wash, and cut into rather thick strips 2 lb short and plump carrots. Cut ¼ lb salt pork into strips. Saute pork and large, chopped onion in a saucepan until onion is light brown; add the carrots. Add a cup of rich bouillon, season moderately, and cook a half hour. Serve with chopped parsley.

Lillian B. Lewis

STAMPPOT ZURKOOL (Kraut, Potatoes, and Sausage)

- 4 lb white potatoes, cut in large chunks
- 2 No. 2 cans chopped sauerkraut
- $\frac{3}{4}$ lb breakfast bacon, each slice cut in fourths
- 1 C milk
- $\frac{1}{2}$ stick margarine
- 1 lb Polish sausage

Place potatoes in a large pot (as a Dutch oven) and pour kraut on top of potatoes. Place whole Polish sausage on top. Add enough water to barely cover kraut. Cover pot and boil slowly until potatoes are thoroughly done. Remove from stove. Remove Polish sausage to platter to keep hot. Drain potato-kraut mixture, and mash together, adding milk and margarine until the mixture is of the consistency of mashed potatoes. While potatoes and kraut are cooking, place bacon in skillet and cook slowly until it is very crisp. Do not pour off grease that collects.

To serve:

Place potato-kraut mixture on the table in the pot in which it was prepared, or remove to large platter that has been preheated. Cut sausage into serving-size pieces. Pour bacon, grease and all, into bowl.

To eat:

Place large helping of potato-kraut mixture on each plate. Top with spoonful of bacon and gravy. Pass the sausage.

Thea Bombell

SWEET AND SOUR RED CABBAGE

- | | |
|--|-------------------------|
| 1 medium ($1\frac{1}{2}$ -2 lb) red cabbage | 2 T flour |
| 2 T vinegar, or lemon juice | $\frac{1}{2}$ C water |
| 4 slices bacon, diced | $\frac{1}{4}$ C vinegar |
| $\frac{1}{4}$ C brown sugar (packed) | $\frac{1}{8}$ t pepper |
| | 1 small onion, sliced |

Remove outside leaves from cabbage. Shred enough to fill 2 cups. In a saucepan heat $\frac{1}{2}$ " of salted water ($\frac{1}{2}$ t salt per C of water) and 2 T vinegar to boiling. Add cabbage. Cover saucepan and continue heating to boiling. Boil about 5 minutes and drain. Fry bacon until crisp. Pour off all but 1 T of drippings. Stir brown sugar and flour into drippings. Add water, $\frac{1}{4}$ C vinegar, salt, pepper, and onion. Cook until mixture thickens. Add bacon and sauce mixture to cabbage. Stir together and warm. Serve garnished with bacon.

Lazelle Northrop

DUTCH BOERENKOOL FARMERSCOLE
(Hotchpotch with Kale and Potatoes)

2 lb fresh kale
3½ lb potatoes (Russet)
Smoked link sausages, with skin perforated
Butter or margarine
Salt

Wash the kale in cold water and boil in enough water and salt to cover it when boiling. After an hour, drain and chop the kale. In the meantime, peel, wash, and slice the potatoes. Put them on the bottom of the pan with half of their volume of water and some salt. On top of it place the chopped kale and the perforated smoked sausages. Simmer half an hour. Take the sausages out and mash together. It should not be too dry or too wet, just smooth. Let some butter melt in the hotchpotch and stir it through.

Jettina Haven

DUTCH WATERGRUEL
(Fruitsoup, used as dessert)

Many Dutch desserts (like pudding) are made with milk. Because this is an exception, it is called a water-mixture.

| | |
|---------------------|------------------|
| 2 qt water | 1½ C sugar |
| 1 C fine barley | Peel of 1 lemon |
| 1½ C raisins | Juice of 1 lemon |
| 3 cooking apples | Salt |
| 2 C cranberry juice | |

Wash the barley and keep it overnight in the cold water with some salt added. Simmer with the same water and lemon peel for 1½ hours in a six-quart bowl. Peel and dice the apples, wash the raisins, and add with the lemon juice. Simmer for another half hour. Take out the lemon peel. Add the sugar and the cranberry juice after some cooling off. It may be served warm or cold. Other fruits or juices may also be added, such as half slices of an orange, peaches, or pineapple.

Jettina Haven



GERMANY

TIROLER FRIDATTENSUPPE

(Tyrolean Clear Soup with Sliced Pancakes)

- 2 pt veal or beef stock
- 4 unsweetened pancakes (make without baking powder like crepes)
- Salt and pepper

Heat the stock. Cut up the pancakes into narrow strips. Drop them in the stock. Simmer gently for 10 minutes and then serve.

Anne Rothgeb Peschek

KRAUTSUPPE

(Cabbage Soup)

- | | |
|----------------------|-------------------------------|
| 1 large cabbage | 2 pt stock (beef or chicken)* |
| 1 T flour | Salt and pepper |
| 1 T drippings or oil | 8 small frankfurters |

Remove the hard stalks from the cabbage and shred it. Brown it and the flour in the drippings, pour in the stock, season with salt and pepper. Simmer for 1 hour. Boil the frankfurters separately. Cut them into slices and add to the soup just before serving.

*Stock can be made with bouillon cubes.

Anne Rothgeb Peschek

GRIESSKLOSSCHENSUPPE
(Clear Soup with Dumplings)

Broth

| | |
|--|-----------------------------|
| 1 lb soup bones and/or inexpensive beef | A few celery leaves |
| 2 to 3 qt water | 1 to 2 stalks fresh parsley |
| 1 small carrot | 1 small onion, cut in half |
| | 1 T salt |

Combine all ingredients and cook for 2 hours (if with meat) or 8 hours (if with bones) or for 30 minutes or so in pressure cooker. Strain broth and season to taste (more salt, a little pepper, maybe a beef cube). Set aside.

GRIESSKLOSSCHEN
(Dumplings)

| | |
|----------------------|--------|
| ½ C milk | Salt |
| 2 T butter | Nutmeg |
| 1/3 C Cream of Wheat | 2 eggs |

Heat milk, butter, and seasoning; stir in Cream of Wheat. Cook to a very thick dough; stir in 1 egg, and, after it is somewhat cooled, stir in the second egg. Form little balls. Add these to boiling broth. Let simmer 5 minutes and sprinkle with chopped chives.

Butterklosschen

| | |
|-------------------|--------|
| 4 T butter (soft) | Nutmeg |
| ½ C flour | 1 egg |

Stir everything together. Form little balls. Add these to boiling broth and let simmer 5 minutes. Serve.

Ursula Traub

CAULIFLOWER SOUP

| | |
|--|----------------|
| 1 medium cauliflower | 1½ oz butter |
| 1¾ pt boiling water (slightly salted) | 2 C milk |
| 1½ oz flour | 1 egg yolk |
| | 2 T cold water |

Break 1 medium cauliflower into flowerets. Wash carefully. Put into boiling salted water and cook until done. Drain. Save liquid. Melt butter. Stir in flour and cook until pale yellow. Continue to stir while adding cauliflower liquid and milk. Simmer 10 minutes. Add cauliflower flowerets. Stir in egg yolk which has been beaten with cold water.

Margaret Droege

GULASCHSUPPE (Goulash Soup)

| | |
|--------------------------|---|
| 2 oz bacon | Salt to taste |
| 8 oz stewing beef | $\frac{1}{4}$ clove garlic (well chopped) |
| 1 onion (diced) | $\frac{1}{2}$ C flour |
| $1\frac{1}{2}$ t paprika | 2 pt stock (beef or chicken) |
| $\frac{1}{4}$ t marjoram | 2 cooked potatoes |

Chop bacon and fry lightly, adding no fat. Toss in chopped onions and continue frying. When golden, add the diced beef, and let all sizzle together. Keep tossing to prevent burning or sticking. Now shake in paprika, garlic, marjoram, and salt. When blended, add a little cold water. Cover and simmer over low heat for 20 minutes. Now mix in flour with care, allowing no lumps to form. Add stock gradually, and simmer gently for 15 minutes. Dice the potatoes and stir in 5 minutes before serving.

Anne Rothgeb Peschek

HEARTY POTATO SOUP

| | |
|---|---|
| 4 medium-sized potatoes | $\frac{1}{8}$ t cayenne pepper |
| 1 C diced celery | 4 C water |
| 1 medium-sized onion | 1 T butter |
| $\frac{1}{2}$ C diced green pepper | $\frac{1}{2}$ C evaporated or half-and-half milk |
| 1 T shredded parsley or parsley flakes | 2 T flour |
| 1 T bacon drippings | 8 slices of bacon |
| 1 cube chicken bouillon | Grated Romano cheese |
| 1 t salt | |

Cook first ten ingredients together until all are done (20 to 25 minutes). Add butter to cooked mixture. Add flour to milk and beat until creamy smooth. Add flour and milk to mixture. Bring to boil, stirring constantly. Continue boiling and stirring until mixture is consistency of heavy cream. Soup may be pureed or served chunky. Broil bacon until crisp. Crumble bacon, and serve bacon bits and grated cheese over soup. Makes four servings.

Blanche Zimmerman

SAUERBRATEN NO. I
(Meat in Vinegar)

| | |
|----------------------|------------------------------|
| 4 lb boned lean beef | 2 bay leaves |
| 5 pt boiling water | 6 peppercorns, black & white |
| 1 pt wine vinegar | Butter to grease pan |

Wash meat and place in a bowl. Cover meat with boiling water, vinegar, bay leaves, and peppercorns. Leave overnight. Next day, wash the meat in water and roast it in usual manner (in a greased pan and a moderate oven). Allow about 15 minutes for each pound of meat.

Anne Rothgeb Peschek

SAUERBRATEN NO. II
(Marinated Beef)

A heavy 4-qt kettle or Dutch oven having a tight-fitting cover will be needed. Set out a deep 3- or 4-qt. bowl.

Wipe with a clean, damp cloth 4-lb blade pot roast of beef (any beef pot roast may be used). Put the meat into the bowl. Set aside.

Combine in a saucepan and heat without boiling:

| | |
|-----------------------|----------------|
| 2 C vinegar | 2 t salt |
| 2 C water | 10 peppercorns |
| 1 large onion, sliced | 3 whole cloves |
| ¼ C sugar | 2 bay leaves |

Pour hot mixture over meat in bowl and allow to cool. Add 1 lemon, rinsed and cut into ¼" slices. Cover and set in refrigerator. Marinate for 4 days, turning meat once each day.

Set out the kettle and a tight-fitting cover. Remove meat from marinade and drain thoroughly. Strain and reserve marinade.

Heat in the kettle over low heat 2 to 3 T butter. Add the pot roast and brown slowly on all sides over medium heat. Slowly add 2 C of the reserved marinade. (Reserve remaining marinade for gravy.) Bring liquid to boiling. Reduce heat; cover kettle tightly and simmer 2½ to 3 hours, or until meat is tender when pierced with a fork. Add more of the marinade if necessary. Liquid surrounding meat should at all times be simmering, not boiling. Remove meat to a warm platter and keep warm. Pour cooking liquid from kettle and set aside for gravy.

(Continued on next page)

Gravy

Melt $\frac{1}{4}$ C butter in the kettle. Blend in $\frac{1}{4}$ C flour. Heat until butter-flour mixture bubbles and is golden brown, stirring constantly. Remove kettle from heat. Add 4-6 ginger snaps to gravy. Add gradually, stirring constantly, 3 C liquid (reserving cooking liquid and enough reserved marinade or hot water to equal 3 C liquid). Return to heat. Bring to boiling; cook rapidly, stirring constantly, until gravy thickens. Cook 1 to 2 minutes longer. Remove from heat. Stirring vigorously with a French whip, whisk beater, or fork, add to kettle in very small amounts $\frac{1}{2}$ C thick sour cream. Cook mixture over low heat about 3 to 5 minutes, stirring constantly, until thoroughly heated; do not boil.

Serve meat and gravy with Potato Pancakes.

Aileen Helper

ESTERHAZY ROSTBRATEN
(Roast Fillet of Beef Esterhazy)

| | |
|--|------------------------------|
| 3 lb fillet of beef (rump or chuck) | 1 t chopped parsley |
| 4 carrots | $\frac{1}{2}$ C butter |
| 2 onions | 2 t capers |
| 2 stalks celery | $\frac{1}{2}$ C Madeira wine |
| 2 parsnips | 1 C cream |
| 1 C brown bread crumbs | Salt and pepper |
| Brown stock | $\frac{1}{2}$ C minced bacon |

The fillet of beef should be about $1\frac{1}{2}$ " thick and in one piece. Prepare a stuffing from 1 onion chopped fine, the parsley, capers, minced bacon, and bread crumbs. Moisten with a little of the brown stock. Cut a deep slit in the meat and push this stuffing in, spreading it as much as possible between the top and bottom. Chop the carrots, the other onion, the celery, and the parsnips. Fry all these very lightly in some of the butter. When they are soft, sprinkle with a little flour and add the cream and the brown stock. Mix well. Put the meat on the vegetables in the sauce. Cover the pan and cook for about 30 minutes. Baste occasionally. Lastly add the Madeira, salt and pepper, and cook for another 5 minutes.

This can be served in a casserole, or the meat put on a serving-dish and the sauce served separately. This serves 8 people.

Anne Rothgeb Peschek

GEFULTE PAPRIKA
(Meat Stuffed Green Peppers)

| | |
|----------------------|------------------------------|
| 6 green peppers | 1 egg |
| 12 oz minced pork | 1 onion |
| $\frac{1}{2}$ C rice | 1 t paprika |
| 1 clove garlic | $\frac{1}{2}$ C tomato puree |
| Salt | |

Boil the rice partially. Cut the stalks off the peppers and remove the insides, seeds and ribs. Wash them well and drain them. Crush the clove of garlic and mix with the minced pork and chopped onion. Season with salt and paprika. Add the cooked rice, and lastly the beaten egg. Stuff the peppers with this. Place in a fireproof dish and pour over $\frac{1}{2}$ C of tomato puree. Bake in a moderate oven until the peppers are tender. (This can be a main dish.) Serve with noodles or potatoes.

Anne Rothgeb Peschek

RINDSROULADEN
(Stuffed Rolled Beef)

| | |
|--|-----------------------------|
| 6 slices minute steaks | 6 T finely chopped parsley |
| 6 slices bacon (cut into small pieces) | 4 T butter |
| Salt, pepper and mustard to taste | Some flour |
| 6 T finely chopped onions | $\frac{1}{4}$ pt sour cream |
| | Broth |

Saute onion and parsley in bacon. Drain each slice of meat; beat with a wooden hammer or with your knuckles; cut off excess fat; spread with $\frac{1}{4}$ T mustard; sprinkle with salt and pepper; distribute sauteed onions, parsley, and bacon; roll each slice together so that stuffing does not come out; fasten ends with toothpicks; turn meat rolls in flour (seasoned with salt and pepper); brown them on all sides in a pan with hot butter; stir in 1 C broth; cover and let simmer for $1\frac{1}{4}$ hours.

Before serving, thicken sauce with flour and stir in sour cream. (Leftovers can be frozen.)

Zita Banks

ROULADEN

- | | |
|---|--|
| 4 thin slices flank steak or brisket cut cross grain | 4 dill pickles chopped fine Mustard |
| 8 slices bacon | 2-3 T flour or cornstarch |
| 2 medium onions chopped fine | |

Spread mustard on steak. Lay 2 slices bacon on steak. Place onion and pickles on one end of steak. Roll up and fasten with toothpicks. Brown in some fat. Remove. Stir in flour or cornstarch. Add about 1½ C water. Simmer for one hour. Serve with boiled potatoes.

Cynthia Livingston

PAPRIKAHUHN
(Chicken Paprika)

- | | |
|---|-----------------|
| 1 young chicken | 2 T paprika |
| 2 T butter | 1 t flour |
| 3 onions | Salt to taste |
| 1 pt vegetable or light stock or water | ½ pt sour cream |

Cut the chicken into joints and sprinkle it with salt. Melt the butter in a heavy pan; add the chopped onions and simmer until browned. Add the paprika and the stock. Bring these ingredients to a boil, and then add the chicken. Cover the pan and simmer the chicken until it is tender (about 1½ hours). Stir the flour into sour cream and pour it slowly into pan. Cook without boiling for 5 minutes.

Anne Rothgeb Peschek

WIENER SCHNITZEL NO. 1
(Vienna Schnitzel)

- | | |
|------------------|------------------------|
| 2 lb veal slices | Fine white breadcrumbs |
| 2 egg yolks | Salt and pepper |
| Flour | ½ C butter |

The veal for this should be cut from the leg of veal, which has been boned, or the fillet. The slices should be beaten out until they are almost wafer thin. Dip the slices in flour, then in the beaten yolks of egg, to which salt and pepper have been added, and finally in the fine breadcrumbs. Cook the slices in hot butter until a golden brown. Turn over and do both sides. It only takes a few minutes.

Place on a hot dish and serve immediately, garnished with slices of lemon. This can also be made with pork but the real Vienna Schnitzel is veal. This serves from 5 to 6 people.

Anne Rothgeb Peschek

WIENER SCHNITZEL NO. II
(Breaded Veal Cutlets)

About 20 minutes before deep-frying, fill a deep saucepan one-half to two-thirds full with lard. Heat to 375 degrees F.

Wipe 2 lbs veal round steak (cutlet), cut ½" thick, with a clean, damp cloth and put on a flat working surface. Pound meat on one side with meat hammer. Turn and repeat process until meat is about ¼" thick. Cut into 6 serving-size pieces. Coat cutlets with a mixture of

1/3 C flour
1½ t salt
1 t monosodium glutamate
¼ t pepper

Dip cutlets into

3 eggs, slightly beaten

Carefully coat (not heavily) with

1½ C French bread crumbs

Let stand 5 to 10 minutes, to seal coating.

Deep fry only as many cutlets at one time as will lie uncrowded one layer deep in the fat. Fry until browned on both sides, about 3 to 4 minutes; with a long fork or tongs, turn slices several times during cooking (do not pierce). Remove cutlets with tongs or slotted spoon and drain over fat for a few seconds before removing to absorbent paper. Lemon wedges are used with serving.

Eva Manning

GERMAN SLAW

| | |
|------------------------|-----------------|
| 1 large head cabbage | 1½ t salt |
| 1 C diced celery | 1 t dry mustard |
| 1 C diced green pepper | 1 t celery seed |
| 1 small onion, diced | ¼ C vinegar |
| 2/3 C sugar | ½ C salad oil |

Shred cabbage; add celery, green pepper, and onion. Pour sugar over this; let stand without stirring. Mix together salt, dry mustard, and celery seed. Add to these ¼ C vinegar. Bring to boil. Set off stove and add ½ C salad oil. Bring to rolling boil. Pour over cabbage while hot and let stand at least 2 hours. Do not stir until ready to serve. Chill before serving.

Winnie Pannell

KRAUT AUF WIENER ART (Viennese Cabbage)

| | |
|------------------------|--------------------|
| 1 white or red cabbage | 1/3 C wine vinegar |
| 2 T sugar | 1 t flour |
| 2½ T butter | A little water |

Chop the cabbage into small pieces. In a large saucepan put 2 T butter. Add the sugar and let it cook, stirring occasionally, until it is brown. Then put the cabbage in the saucepan, tossing it about until it is well coated. Reduce the heat and keep stirring all the time for 2 to 3 minutes. Now add 2 T water and 1/3 C of wine vinegar. Melt butter in a frying pan and stir into it 1 t flour. When it is brown, pour a little of the liquid from the cabbage into it. Stir well and return all to the cabbage saucepan. Cook, stirring well, for 10 minutes; then serve. Serves 6 to 8 people.

Anne Rothgeb Peschek

SUSS-SAURE GRUNE BAHNAN (Sweet-Sour Green Beans)

| | |
|------------------------|----------------------|
| 1 lb fresh green beans | Few grains of nutmeg |
| ¾ C water | 1½ T sugar |
| Salt and pepper | 1½ T vinegar |
| 1 clove garlic | 2 cloves |
| 1 small onion | 1 T chopped parsley |
| 1 bay leaf | |

String the beans and cut off heads and tails. Put the water in a large saucepan and bring it to a boil. Peel and slice the onion and add it with the salt, pepper, and bay leaf. Peel garlic clove and add it and nutmeg to the water. Let these simmer for 10 to 15 minutes; then add the beans and cover the pan. Let them boil 10 minutes. Pour off the water into a bowl and put the beans in a dish to keep hot. Put the liquid back into the saucepan and remove the garlic clove and the bay leaf. Add sugar, vinegar, and cloves and bring to a boil. Boil until half the liquid has evaporated; then remove the cloves. Now stir in the butter. When it is melted, add the beans. Chop up the parsley as small as possible and stir it in. Serve at once. Serves 4.

Anne Rothgeb Peschek

GEMUSEALATPLATTE
(Vegetables in Vinegar)

| | |
|-------------------|-----------------------|
| 1 can peas | 1 small cauliflower, |
| 1 can green beans | cooked |
| 1 can carrots | 2 to 3 fresh tomatoes |
| 1 can asparagus | 1 cucumber, peeled |

Cooked Vegetables

Drain. Put in separate bowls. Season with salt and pepper, vinegar, and oil to taste. (Optional: Add finely chopped onions.) Let sit for a few hours or overnight.

Fresh Vegetables

Cut in slices. Season as above. Arrange vegetables on a large platter (preferably leave cauliflower intact). Sprinkle white vegetables with finely chopped parsley.

One may use the same kind of cooked vegetables as above and serve them warm by sauteing each vegetable in butter, onions, and parsley. Merely cook the cauliflower in salted water and sprinkle some browned butter over it before serving.

Arrange all vegetables on a large platter for serving.

Barbara Hills

ERDAPFELNUDELN
(Potato Balls)

| | |
|-------------------|----------------------|
| 6 medium potatoes | 2 T flour |
| 2 egg yolks | ½ C fine white bread |
| Fat for frying | crumbs |

Boil and mash the potatoes very fine. Beat the yolks of 2 eggs. Save a little of the yolks for brushing after the balls are prepared. Mix the yolks in with the mashed potatoes. Shape by hand into little balls. Roll in flour. Brush each with egg yolk. Roll in bread crumbs. Fry in very hot fat. Makes 4 servings.

Anne Rothgeb Peschek

REIS
(Rice)

Saute 1 onion and 2 T parsley in 1 T butter or margarine or bacon fat. Stir in 1 C rice; add 2 C water. Salt and pepper to taste. Cook until done according to directions on package of rice.

Ursula Traub

REIBEKUCHEN
(Potato Pancakes)

| | |
|-----------|-------------------|
| 2 T flour | ¼ t baking powder |
| 1½ t salt | 1/8 t pepper |

Mix all ingredients and set aside.

2 lb potatoes

Wash, pare, and finely grate. Set aside.

Heat enough fat in a heavy skillet to make a liquid depth of ¼".

| | |
|---------------------|------------------|
| 2 eggs, well-beaten | 1 T grated onion |
| 1 T minced parsley | |

Combine flour mixture with eggs, parsley, and onion. Discard liquid that drains from grated potatoes. Add potatoes to egg mixture and beat thoroughly with spoon.

When fat in skillet is hot, spoon about 2 T of batter for each pancake into fat, leaving about 1" between. Cook over medium heat until golden brown and crisp on one side. Then turn each carefully and brown other side. Drain on absorbent paper. Makes about 20 medium-size pancakes. Serve with sauerbraten or as a main dish accompanied by apple sauce.

Aileen Hepler

SOUR BEANS
(Green Beans, German Style)

Use either fresh green beans or home-canned ones. Pole beans are best of all (Kentucky Wonders). Cut beans into 1" pieces and boil until tender, about 20 minutes. Drain.

For a quart of beans, fry two slices of bacon until crisp. Drain on a paper towel. In the bacon fat, fry gently a small diced onion until soft. Do not brown. Add beans. Crumble bacon and add. Add 1 T vinegar (or more if your taste desires), likewise 1 T sugar, and salt and pepper to taste. Heat thoroughly and serve. (Amounts of flavorings may be varied according to the family's taste.) Hint: Juice from a jar of sweet pickles can be substituted for the vinegar and is better.

Jean Potthoff

APFELSTRUDEL
(Apple Strudel)

Filling

| | |
|-------------------------------------|----------------------------------|
| 3 apples, large | $\frac{1}{2}$ lemon rind, grated |
| $\frac{1}{2}$ C raisins, (seedless) | $\frac{3}{4}$ C sugar |
| $\frac{1}{2}$ C walnuts, chopped | $\frac{1}{2}$ C melted butter |

Core and pare apples. Slice very thin. Mix with all of above.

Strudel Dough

| | |
|--------------------------------|------------|
| 2 C flour | 1 egg |
| $\frac{3}{4}$ C lukewarm water | 1 T butter |
| $\frac{1}{2}$ t salt | |

NOTE: Strudel dough should not be rolled out on a board in the usual way. It should be stretched by hand on a clean, floured, linen cloth. It is intended always to have a filling such as apples, cheese, chocolate, cherries, etc. It is important to have your filling ready before you stretch the dough, which should always be paper-thin.

Put the flour on a board. Beat the egg well. Mix the egg, water, and melted butter. Make a well in the flour. Pour in the egg and butter mixture and add the salt. Stir gently so that the flour falls from the sides into the well. Flour the hands and knead. Rub the first sticky dough off your hands and flour them again. Knead until the dough is smooth and elastic. Toss dough once or twice. Stretch once until it becomes easy enough to knead again. Leave it covered in a warm place for about 1 hour.

Cover table with a linen cloth and dust cloth with flour. Place dough in center and roll out slightly. Now stretch by hand until it is evenly thin. As you pull and one part becomes thin enough, leave it and go to work on another section.

The filling should be spread over the dough while it is still on the cloth. It can then be rolled up and got into shape by lifting the cloth. Pinch the edges together to seal the contents. Do not fill all the way out to the edges. Brush the edges with a wet brush and seal. Place the sealed side down on the baking sheet. Brush the top with melted butter. Bake in a 350-degree oven for about 45 minutes. When cold, dust with icing sugar.

Anne Rothgeb Peschek

NUSSTORTE (Nut Torte)

| | |
|---|-----------------------------------|
| 1 T rum | $\frac{1}{4}$ C flour |
| 1 C sugar | $\frac{1}{4}$ t grated lemon peel |
| 6 eggs | 1 lb raspberry jam |
| $1\frac{1}{2}$ C grated nuts (walnuts, hazelnuts, or filberts) | 1 pt whipped cream |

Separate egg yolks from whites. Beat yolks and sugar together until creamy. Add nuts and mix well together. Beat egg whites to a stiff froth. Fold in flour and egg whites alternately, adding the rum and grated lemon peel. Mix until smooth. Pour half into each of two greased 8" cake pans. Bake in moderate oven for about 40 to 45 minutes. When cold, spread one with raspberry jam and whipped cream and cover with the other. This may also be iced with rum frosting. Decorate with a few roughly-chopped nuts.

Anne Rothgeb Peschek

PFIRSICHEN KUCKEN (Peach Cake)

This is a favorite kuchen not only in Germany but in other European countries. It has been adapted here with the American cake mix.

| | |
|--|---|
| $\frac{3}{4}$ C butter or margarine, softened | 1 C sour cream (one small container) |
| $\frac{1}{2}$ C sugar | 1 egg |
| 1 pkg white, yellow, or sour cream cake mix | 1 can (29 oz) sliced peaches, drained* |
| $\frac{1}{2}$ C flaked coconut | 1 t cinnamon |

Heat oven to 350 degrees. Cut margarine into dry cake mix until crumbly. Mix in coconut. Pat mixture lightly into ungreased oblong pan, 13"x9"x2", building up slight edges. Bake 10 minutes. Arrange peach slices on warm crust. Mix sugar and cinnamon and sprinkle on over top. Blend sour cream and egg with fork. Drizzle over peaches. (Topping will not completely cover peaches.) Bake 25 minutes or until edges are brown. Do NOT overbake. Serve warm or cold. Serves 12-15.

*Note: Apples and other fruits may be used instead of peaches.

Aileen W. Hepler

OMELETTE SURPRISE-BAKED ALASKA

1 pkg lady fingers (or pound cake or sponge cake)
1 qt or more vanilla ice cream
4 egg whites) Make meringue batter
1 C sugar
Some lemon rind
Blanched almonds
½ T rum
2 T water } Mix
1 T sugar

Put a layer of lady fingers on an ovenproof platter. Sprinkle with rum mixture so the cake is moist. Top with ice cream 1" thick or more. Top ice cream with meringue batter, being sure to cover all ice cream. Sprinkle with almonds, put the platter in a very hot oven, and bake until meringue has a little color. Stay with it and check it often as process takes only a few minutes. Be sure to use cold ice cream, hot oven, and work fast. Serve at once. Serves 6 people.

Ursula Traub

SACHERTORTE

| | |
|-------------------------|-----------------|
| 1½ C Toll House Morsels | 1½ C flour |
| 2 T rum | 5 eggs |
| 1½ C fine white sugar | Raspberry jam |
| 1½ C butter | Chocolate icing |

Cream the butter and sugar. Beat well. Separate the eggs and beat the whites to a stiff froth. Add the yolks to the creamed butter and sugar and beat again. Fold in the whites of eggs and the flour alternately. Mix well. Melt the chocolate in a saucepan with the rum and allow to cool. Add this to the mixture. Butter and flour two cake tins or torte tins. Divide the mixture between them and bake in a moderate oven for 45 minutes to 1 hour. Allow the cakes to cool. Cover one half with raspberry jam and place the other on top. Cover this with your favorite chocolate icing.

Anne Rothgeb Peschek

GERMAN CHRISTMAS STOLLEN

(The Stollen recipe is one I have worked on until it is now very much like the recipe my father used at the bakery.)

| | |
|---------------------------|-------------------------------|
| 5½ to 6½ C unsifted flour | 3 eggs |
| ½ C sugar | ½ t ground cardamon |
| 1¼ t salt | ½ t lemon extract |
| 2 pkgs dry yeast | 1/8 t mace |
| ¾ C milk | ¾ C chopped almonds |
| ½ C water | ¾ C mixed candied fruits |
| 2/3 C margarine | 1/3 C golden seedless raisins |

In large bowl, mix 2 C flour, sugar, salt, and yeast. Combine milk, water, and margarine in a saucepan. Heat over low heat until liquids are warm. Gradually add to dry ingredients and beat with electric mixer at medium speed for two minutes. Add eggs, seasonings, and ½ C flour or enough flour to make a thick batter. Beat at high speed two minutes. Stir in enough additional flour to make a soft dough. Turn out onto lightly floured board; knead until smooth and elastic (8-10 minutes). Place in greased bowl, turning to grease top. Cover; let rise in warm place until doubled (about 1½ hours).

Combine almonds, fruit, and raisins. Punch dough down; turn out onto lightly floured board. Knead in nut and fruit mixture. Divide dough into three equal pieces. Roll each piece into a 12"x7" oval. Fold in half lengthwise. Place on greased baking sheets. Cover; let rise in warm place until doubled in bulk (about 45 minutes).

Bake in moderate oven (350 degrees) about 20 to 25 minutes. (Tap on top and when it sounds hollow, bread is done.) Cool on wire racks. Frost with confectioner sugar glaze while warm. If desired, decorate with candied cherries. Makes 3 loaves.

Barbara Hills

GERMAN CRULLERS

(Require Cruller Irons)

| | |
|-----------|--------------------|
| 2 eggs | ½ t lemon extract |
| 1 C flour | ½ t almond extract |
| 1 C milk | 2 t sugar |
| ¼ t salt | |

Blend above ingredients until smooth. Dip iron into hot fat and then into batter. Fry in deep fat only until bubbling stops. Drain. Sprinkle with 4X sugar.

Aileen Hepler

FASTNACHTS
(Raised Doughnuts)

| | |
|---|--|
| $\frac{1}{4}$ C milk | $\frac{1}{2}$ to $\frac{3}{4}$ C sugar |
| $\frac{1}{4}$ C butter or margarine | $\frac{1}{2}$ t nutmeg |
| $\frac{1}{2}$ t salt | 3 beaten eggs |
| 1 yeast cake (or pkg of dry yeast) & $\frac{1}{4}$ C warm water | $4\frac{1}{2}$ to 5 C sifted flour |

Scald milk; add butter and salt. Cool milk until lukewarm; add yeast cake and stir. Gradually add $\frac{1}{2}$ to $\frac{2}{3}$ flour, beating thoroughly.

Put in warm place and let stand until full of bubbles. Mix sugar with nutmeg and combine with eggs. Stir into first mixture and add last of flour. Knead well, cover, and put in warm place for 1 hour. Turn out on floured board and roll $\frac{1}{2}$ " thick. Cut with biscuit cutter, making a ball (these doughnuts have no holes!) Place on board and cover carefully until top is "springy." Drop in hot deep fat with raised side down so top side will rise while under side cooks. Drain on absorbent paper. Doughnuts may be sprinkled with powdered sugar.

Miss Arestock

KIRSEHWASSERCREME
(Cherry-Brandy Cream)

| | |
|------------------------------|---|
| 3 egg yolks | 2 T cherry brandy (or any other type of brandy) |
| $\frac{1}{4}$ C sugar | $\frac{1}{2}$ C boiling water |
| Rind of $\frac{1}{2}$ lemon | 3 egg whites |
| Juice of $\frac{1}{2}$ lemon | $\frac{1}{2}$ T whipping cream |
| 1 envelope gelatin | |

Beat egg yolks and sugar until light and fluffy. Add lemon rind and juice. Dissolve gelatin in boiling water. Stir the still hot gelatin into egg mixture. Put into refrigerator and stir a few times so that the mixture thickens evenly. Beat egg whites stiff, and fold into thickened egg yolk mixture. Pour into bowl and let cool. Decorate with whipped cream (or similar whipping) before serving.

Ursula Traub

SWITZERLAND

CHEESE BALLS

1½ C grated cheese
1 T flour
¼ t salt

Few grains cayenne
3 egg whites
¾ C fine cracker crumbs

Mix cheese with flour, salt, and cayenne. Beat whites until stiff, and add flour. Shape into small balls; roll in crumbs, fry in deep fat, and drain on brown paper. Serve immediately after cooking.

Jessie Willis

FONDUES

SWISS CHEESE FONDUE

Cut ¾ lb natural Swiss cheese in strips; toss with 1 T all-purpose flour. Rub a cut garlic clove over inside of fondue cooker. (A heavy earthenware or cast-iron casserole may also be used.) Pour in 1½ C sauterne; warm until air bubbles start to rise. (Don't cover or boil.) **STIR ALL THE TIME** from now on; add a handful of cheese. When melted, add another handful. When mixture is blended and bubbling gently, stir in a dash of nutmeg, pepper, and salt to taste and add 3 T sherry. (Kirschwasser or any nonsweetened fruit brandy such as applejack, cognac, etc., may be substituted for the sherry.)

Remove the bubbling fondue from the fire and set immediately onto preheated table heating element. Spear a piece of bread with a fork, going through the soft part first and securing the points in the crust. The idea is not to lose your bread when you dip it into the fondue. Stir until the next guest is ready to dip — this keeps the fondue smooth. If the fondue becomes too thick at any time, add a little warm (never cold) wine. Toward the end, some of the melted cheese will form a brown crust at the bottom of the utensil. When that happens, keep the heat low in order to prevent the utensil from cracking. The crust can easily be lifted out with a fork and is considered to be a delicacy.

Anne Geis

Switzerland

SAUCES FOR FONDUE BOURGUIGNONNE OR BEEF FONDUE

Tartar Sauce

- ½ pint sour cream
- 2 scallions, finely chopped
- 2 T chopped dill pickle
- 2 T chopped parsley
- ¼ C chopped stuffed olives
- 1 t salt
- 1/8 t pepper

Combine all ingredients. Chill until ready to serve.

Curry Sauce

- 3 T butter
- ¼ C onion, finely chopped
- ¾ C green apple, peeled, cored and cubed
- 2 T flour
- 1 T curry powder
- 1 C milk, scalded
- ½ t salt
- 2 T peanut butter

Melt butter. Saute onions and apple until tender. Sprinkle with a mixture of flour and curry powder. Blend well. Add milk gradually; add salt and peanut butter. Cook over low heat, stirring constantly until sauce is smooth and thickened. Serve hot.

Horseradish Cream Sauce

- Combine 1 C dairy sour cream
- 3 T drained prepared horseradish
- ¼ t salt and dash paprika
- Chill

Tomato Steak Sauce

- 1 8-oz can seasoned tomato sauce
- 1/3 C bottled steak sauce
- 2 T brown sugar
- 2 T salad oil

Mix ingredients. Bring to boiling. Serve hot. Makes about 1½ C.

Garlic Butter

Whip $\frac{1}{2}$ C soft butter and 1 clove minced garlic till fluffy.

Anchovy Butter

1 2-oz can anchovy fillets
 $\frac{1}{2}$ C butter, softened
2 T olive oil
 $\frac{1}{2}$ t paprika
 $\frac{1}{8}$ t freshly ground pepper

Caper Sauce

Dry $\frac{1}{4}$ C drained chopped sour pickle and 2 T drained finely chopped capers on paper towels. Add to 1 C mayonnaise. Stir in $1\frac{1}{2}$ t each prepared mustard and snipped parsley.

Anne Geis

EARTH APPLE SOUP (Swiss Potato Soup)

| | |
|--|--|
| 4 large potatoes | 2 T flour |
| 3 C water | 3 C milk |
| 2 t salt | $\frac{1}{2}$ C parsley, chopped |
| $\frac{1}{4}$ t marjoram | $\frac{1}{4}$ t pepper, freshly ground |
| 2 T celery leaves, chopped | $1\frac{1}{2}$ C Swiss cheese, |
| 2 T butter | shredded, or 1 8-oz pkg |
| 5 green onions, or 1 large onion, chopped | |

Peel and slice potatoes (about 5 cups). Bring to a boil with water, salt, marjoram, celery leaves, and onions. Simmer for 25 minutes or until very tender. Remove from heat and mash. Melt butter and blend in flour; cook 2 minutes, stirring constantly. Gradually pour in milk and cook until thickened. Continue to stir constantly. Add to potato mixture. Add parsley (only if fresh; dehydrated parsley makes soup look muddy), green onion tops, and pepper to soup.

Cover and let stand a few minutes. At very last, float shredded cheese on top of tureen full of soup.

Serves 8 with 1 cup each. (Best when done a day ahead; it thickens.)

Caroline McDonald

SWISS FISH

4 oz Swiss cheese, grated or cut in cubes
3 to 4 onion rings, raw
2 T chopped parsley
1 lb fish fillets, frozen and skinless
4 T sour cream or yogart
 $\frac{1}{4}$ t soy sauce
 $\frac{1}{2}$ t salt sprinkled over
 $\frac{1}{4}$ fresh lemon, squeezed for juice
 $\frac{1}{8}$ t fresh black pepper
1 pkg frozen mushrooms
2 T bread crumbs (could be Ritz crackers)

Place fish in greased dish, spread with sour cream. Cover with lemon juice, soy sauce, seasonings, mushrooms, and onion rings. Top with cheese, bread crumbs, and parsley. Can be fixed in the morning and refrigerated until evening. Bake 15-20 minutes at 375 degrees. Serves 4-6.

Barbara Rinker

SAVORY SWISS EGGS

1 C Cheddar cheese, grated
2 T butter
 $\frac{1}{2}$ C cream
 $\frac{1}{4}$ t salt
Cayenne pepper
1 t prepared mustard
6 eggs, slightly beaten

Spread cheese over bottom of shallow, well-buttered baking dish. Dot with butter. Combine cream, salt, pepper, and mustard and pour half of this mixture over cheese. Pour eggs into baking dish. Cover with remaining cream mixture. Bake in a moderate oven (350 degrees) 25 to 30 minutes. Serve at once. Yields 4 to 6 servings.

York Kiker

STEWED TOMATOES

¼ C crumbs from stale bread
1 T butter

Brown.

Add: 1 can (16 oz) tomatoes
1 t sugar
¼ t seasoning salt
¼ t onion salt
1 t soy sauce (maybe less)
1/8 t black pepper
1/8 t Italian seasoning

Serves four.

Barbara Rinker

SQUASH AU GRATIN

| | |
|------------------------|----------------------|
| 3 large Italian squash | 1½ C milk |
| 2 T butter | 1 T flour |
| 1 t salt | ¼ t pepper |
| ½ t pepper | 2/3 C grated Gruyere |
| 4 eggs, well beaten | or Swiss cheese |

Peel and dice the squash. Melt the butter in a heavy saucepan and add the squash. Sprinkle with salt and pepper. Cover and cook over low heat until squash is soft and mushy. Beat together eggs, milk, flour, and pepper. Drain squash and add to egg mixture. Beat well. Pour the mixture into a 2-qt buttered dish and sprinkle with cheese. Bake in preheated 400-degree oven for 20 minutes or until top is brown and the casserole is slightly puffed.

Melba Avent

CHOCOLATE SWISS ROLL

| | |
|-------------|-------------------|
| 3 eggs | ½ t baking powder |
| 2½ oz cocoa | 1 T boiling water |
| 3 oz sugar | 2/3 C flour |

Beat eggs and sugar until light. Sift together flour, cocoa, and baking powder; lightly fold into egg and sugar mixture. Last, add boiling water. Bake and roll as for Swiss roll. When cold, fill with sweetened cream.

Edna Bryan

PORTUGAL

ISCAS COM ELAS (Portuguese Liver with Potatoes)

| | |
|---|---|
| 1 lb frozen liver (pork is best, but beef or veal can be used) | 2 or 3 bay leaves |
| 1 large bud of garlic | Red wine vinegar |
| Snip of hot pickled pepper (Optional) | Olive oil |
| 1 t salt | Sliced onion (to taste) |
| 1/8 t black pepper, freshly ground | Small whole peeled potatoes, partially cooked, then roasted in the oven |

Thaw the liver slightly and cut into bite-size pieces. In a small rough wooden bowl put the peeled and cut up garlic, the pickled pepper (drained), and the salt and pepper. With the back of a rounded wooden spoon mash the garlic and seasonings to a smooth paste. Moisten with a little vinegar and pour into a small bowl (not aluminum), adding the liver and the bay leaves. Add more vinegar slowly; stir until liver has absorbed all it can and has turned a grayish color.

Allow the liver to marinate for several hours at room temperature, or overnight in the refrigerator.

When everything else for the meal is almost ready, start to cook the liver. Heat a large iron skillet and pour in just enough olive oil to cover the bottom. When oil is hot, add onion and cook until almost tender. Remove onion to serving dish. Add more olive oil if needed. Put the drained liver in the hot oil a few pieces at a time, so that no pieces are touching. Fry quickly and turn to brown on all sides.

When liver is done, add to onions on platter. Pour marinade into the pan. Cook and stir for a minute; then pour over liver and onions. Discard bay leaves.

Serve at once accompanied by small whole potatoes roasted in the oven until well browned.

Silvia Maya

CHOPPED CHICKEN LIVER

| | |
|-------------------------------------|----------------------------------|
| 1 large or 2-3 small chicken livers | Salt |
| Small lump of chicken fat, diced | Black pepper, freshly ground |
| Medium onion, diced | Paprika |
| 1 hard-boiled egg | Mayonnaise and mustard, optional |
| | Rye bread |

While the egg is boiling, render the chicken fat in a small iron skillet. When fat is not quite crisp, add onion and a dash of salt, stir well, and fry over medium heat until the onion is soft but not brown. Add the liver, cut up so that it can be cooked well on all sides. Season during cooking with salt, pepper and paprika. Allow liver and egg to cool slightly, then chop or mash together to a paste, including the chicken fat if there is not too much of it. If mixture is too dry to hold together well, add a dab of mayonnaise. Taste and correct seasonings, adding a bit of mustard if more tang is needed.

Serve on rounds of party rye or small wedges of regular rye bread.

Silvia Maya

EGGPLANT CASSEROLE

- 1 large eggplant
- 1 medium size onion
- 1 green bell pepper
- $\frac{1}{4}$ C fine bread crumbs
- $\frac{1}{2}$ can cheddar cheese soup
- $\frac{1}{2}$ t salt and pepper (each)
- 1 No. 303 can tomatoes

Peel eggplant and soak in salt water while you dice the onion and pepper. Drain eggplant and chunk. Mix all ingredients together and pour into a 2-qt casserole (greased), saving a little of the cheese soup to go over the top. Some cracker or bread crumbs may be sprinkled over the top if desired. Bake at 350 degrees for about 1 hour. This freezes nicely, either after or before baking.

Louise Hubert

CUCUMBER PORTUGAISE

3 cucumbers
2 onions
2 tomatoes
1 green pepper
1 bead of garlic
1 bay leaf
4 T butter
Salt and pepper

Cut ingredients into 1" slices. Place butter, onions, and garlic in pan; cook until brown. Add other ingredients. Simmer for 15 minutes.

Pat Weaver

SPAIN

SANGRIA NO. 1

1 qt cheap red wine
 $\frac{1}{4}$ C sugar, with water to dissolve
1 C carbonated water (plain water and
vodka may be substituted)
1 lb fresh peaches, cubed
1 pear, cubed
1 slice melon, cubed
2 chunks lemon
2 sticks cinnamon
1 banana, sliced (add this just before serving)

Mix all the above ingredients, except the banana, and let stand for 30 minutes or longer before serving. Serve in wine glasses with two cubes of ice.

Lazelle Northrop

SANGRIA NO. II

- | | |
|--------------------------|-----------------------|
| 1/3 C lemon juice | 1/4 C sugar |
| (fresh or reconstituted) | 1 pt red wine or rose |
| 2 oz orange juice | |

Mix fruit juices and sugar. Add wine. Garnish with slices of lemon or orange. Chill and serve.

Winnie Pannell

PAELLA NO. I

- 3 T olive oil
- 1 clove garlic, minced
- 2 onions, chopped
- 1 t oregano
- 1 2-lb chicken, cut up for frying
- 1 large can (1 lb 12 oz) tomatoes
- Salt
- 3 t finely chopped parsley
- ½ lb pepperoni sliced thin
- ¼ lb ham, diced
- 2 pkg yellow rice (5 oz each)
- 1 C cooked fresh or frozen peas
- 1 lb shrimp, peeled and deveined
- 1 dozen clams in shells, well scrubbed, or canned whole ones
- 1 dozen mussels in their shells (not having the above two items I would substitute frozen lobster tails, peeled and chopped)
- 1 can pimentos, sliced

Saute garlic and onions in olive oil in large skillet. Add oregano and pieces of chicken and brown lightly on all sides. Transfer chicken, garlic and onion to large shallow casserole or paella pan or continue cooking in the skillet. It must be a large one. Add tomatoes, salt, parsley, pepperoni, ham, yellow rice and 2 cups of water. Bring to boil, then turn heat down very low and cook for about 20 minutes when the liquid should be absorbed and the rice tender. Fluff with a fork and cook slightly longer, if necessary, to dry the rice. Add shrimp, mussels, and clams (or lobster tails) about 10 minutes before the rice is done. Add more salt to taste and sprinkle the rice mixture with green peas. Tuck pieces of pimento into strategic places and serve with pride. Serves 6 to 8.

Lazelle Northrop

PAELLA NO. II

- | | |
|---|------------------------------------|
| 1 16-oz bottle olive oil | 6 to 8 chicken breasts or |
| 2 large onions, cut in small pieces | 2 lb pork tenderloin, sliced |
| 2 large green peppers, cut in small pieces | 1 6-oz can tomato paste |
| 2 T vinegar | 4 C yellow rice |
| 1 t garlic powder | 2 pkg frozen green peas, cooked |
| Salt to taste | |

Cook onions and pepper in olive oil until tender. Add vinegar and garlic powder while cooking. Remove onions and pepper from pan. In remaining oil, brown meat. When meat is lightly browned, add onions, peppers, and tomato paste. Add rice and water to cover. Cook until chicken and rice are done. Extra water may be added if needed.

To serve, remove chicken to small platter. Place rice mixture on larger platter and pour green peas over the top.

Wynona A. Butner



SALADE JARDINIÈRE

Individual salad: On salad plate, group chilled marinated green beans, tiny pickled beets, and egg slices, with mustard mayonaise. Trim with tender water-cress sprigs or parsley.

Anne Geis

SALADE NICOISE

- | | |
|--|-------------------------|
| 1½ lb new potatoes | 1½ T wine vinegar |
| 24 black olives | ½ t salt |
| 6 anchovy fillets | 1 t chopped parsley |
| 1 clove garlic | ¼ t black pepper |
| 1 small onion | 1 green pepper, chopped |
| 4 T olive oil | |
| 1 C French-style canned green beans, drained | |
| 2 medium size tomatoes, cut in eighths and drained of seeds and juice. | |

Wash anchovies under running water and cut in three pieces each. Slice onion fine. Stone olives. Rub salad bowl with crushed garlic clove and a little salt until garlic is pulverized.

Boil and peel potatoes. While still hot, slice and put into salad bowl. Mix oil, vinegar, parsley, salt, and pepper. Pour over warm potatoes. Mix lightly but thoroughly. When cool, stir in remaining ingredients.

Garnish with extra anchovy fillets, whole, and black olives.

Lazelle Northrop

ONION SOUP

- | | |
|---------------------------------------|------------------------------|
| 2 T butter | ¼ C scalded milk |
| 3 medium yellow onions, thinly sliced | Salt and pepper to taste |
| 1 T flour | 2 oz grated Swiss cheese |
| 2 C consomme | 6 slices French bread, dried |
| 4 C water | Melted butter |

Place butter in skillet and heat at medium flame. Add onions and cook, stirring constantly until onions are golden brown. Sprinkle with flour and continue to cook and stir until flour and onions are well browned. Stir in consomme and water. Bring to a boil and then lower temperature setting to 200 degrees. Simmer uncovered for 20 minutes. Add milk. Season with salt and pepper, if desired. Pour into heat proof casserole or individual soup bowls. Sprinkle dried bread slices generously with grated cheese and pepper. Drizzle with melted butter and place on soup. Brown quickly under broiler flame. Makes 4-6 servings.

Shirley Amen

FLAN DE CAROTTES (Carrot Tart)

Partly fill the bottom of baked pastry shell with puree of carrots, lightly sugared. (See Carrots Puree below.) Cover the puree with finely sliced carrots which have already been cooked as for glazed carrots. (See Carottes Glacees below.)

Cover with the liquor in which carrots have been cooked, properly reduced to syrupy consistency. Set in hot oven for a few minutes. Can be prepared with more sugar as a sweet.

CAROTTE PUREE

Cook in salted water with addition of 1 t sugar, 1 T butter, 1 lb sliced new carrots. Drain the carrots as soon as cooked and put thru fine sieve.

Heat the puree and add a little cooking liquor if puree is too thick. Incorporate at last minute 3 T butter.

Use carrots for Pot-au-Feu this way.

CAROTTES GLACEES

Pare or turn as perfectly as possible young carrots. Put in pan and cover with cold water. For each pt of water use 1 t salt, 1 T sugar, and 4 T butter.

Set to boil on lively heat, and as soon as boiling is established, lower heat, cover, and simmer until liquid is almost evaporated. Carrots should be cooked. Shake pan so carrots are properly covered with syrup.

Mrs. Forest Lowrey

POMMES DE TERRE SOUFFLEES

Peel the potatoes; cut them into slices $\frac{1}{4}$ " thick. Dry with a cloth. Then plunge in hot, but not boiling, frying fat or oil. Cook 4 to 5 minutes, stirring constantly. Drain when they are all floating on the top. Lower into another frying pan of boiling fat or oil where they should puff up immediately into little footballs. Leave them 1 to 2 seconds and drain. At the time of serving, throw them into boiling fat or oil to crisp and dry them. Drain, salt and serve them on a napkin on a plate.

Lazelle Northrop

PETITS POIS A LA FRANCAISE (Little Peas with Lettuce)

| | |
|----------------------------------|----------------------|
| 2 T butter | 4 sprigs parsley |
| 2 lb shelled young green peas | 2 sprigs fresh thyme |
| 10 small white onions | 1 t sugar |
| 1 head lettuce (shredded) | $\frac{1}{2}$ t salt |
| | 1½ T butter |

In a saucepan melt 2 T butter. Add shelled young green peas, (frozen ones may be used), onions, shredded lettuce, thyme, sugar, and salt. Stir to mix well. Cover pan tightly and allow to simmer on low heat. Moisture from the lettuce should be sufficient, but you must stir occasionally and can add a spoonful of water if necessary. Cook peas, if fresh, about 45 minutes or until tender. Add 1½ T butter, mix well, and serve.

Melba Avent

TERRINE (Or Pate or Rilette)

| | |
|------------------------|--------------------------|
| 4 lb hen | $\frac{1}{2}$ t sage |
| 1 medium onion, sliced | Salt and pepper to taste |
| 2 bay leaves | Water to cover meat |

Place all of these with the meat in a pot and cover. Boil slowly until the meat will fall from the bone. Do NOT add more water; the broth should be cooked down until very rich. When meat is done and cooled slightly, remove from broth and tear from bones into as tiny bits as possible, then mash — don't grind — removing pieces of skin. Pour mashed meat into bowl and cover with top fat and broth ($\frac{1}{2}$ " layer).

Add (on top of meat and broth)

- $\frac{1}{2}$ t more sage
- 2 t minced fresh onion OR
- 1 t dried onion flakes
- 1 t Worcestershire sauce
- 1 t Season-All (mixed)
- Marjoram, thyme, etc., may be added to your taste

Mix all of this together well and then pour into a greased casserole. Bake with the top off for about 2 hours. Remove from oven and allow to cool. Keeps well in a cool place.

Gabrielle Roy

COQ-AU-VIN (Provence)
(Chicken, Huntsman style)

1 large fryer, cut in pieces
Flour for dredging
Mixture of oil, drippings and butter for browning
chicken
Chicken stock, made from cooking neck and
giblets in 1½ C water, salt added
½ C or more dry red wine
½ C mushroom bits and pieces
2 T tomato sauce or catsup

Dredge cut-up chicken in flour. Brown thoroughly in a mixture of oil, drippings, and butter in a heavy saucepan, Dutch oven, or large frying pan. Pour off part of the grease. Add ¼ C chicken stock and ¼ C red wine. Cover and cook slowly until chicken is tender, basting from time-to-time with more stock and wine. During the latter part of the cooking, add the mushrooms. Remove the chicken. If the liquor in the pan is thin, thicken with flour. Add 2 T tomato sauce and let it cook for 5 minutes. Pour the sauce over the chicken and serve with French bread and a salad.

Lazelle Northrop

PORK CHOPS CHARCUTIERE

| | |
|--------------------|-----------------------------|
| 6 pork chops | ½ C dry white wine |
| ¼ C chopped onions | 2 T gherkins, thinly-sliced |
| 4 or 5 T lard | 1 t prepared mustard |
| 1 C soup stock | Salt & pepper to taste |
| 1 t flour | Chopped parsley |

Cook onions in 2 T lard until yellow. Sprinkle with flour, blending well until golden. Gradually stir in stock and wine, stirring constantly until it thickens. Add salt and pepper to taste, bring to a boil, and skim well. Reduce heat and let simmer 20 minutes. Sear chops in remaining lard over high heat; then cook over gentle heat about 20 minutes until tender. Season with salt and pepper.

Arrange on a hot dish. Skim sauce, and add gherkins and mustard. Pour sauce over chops, and sprinkle with parsley.

Carol Bond

BEEF BOURGUIGNON

| | |
|---|----------------------------|
| 3 lb chuck or round of beef, cut in 2" cubes | 1/8 t thyme |
| 2 C red wine | 1/2 t salt |
| 1 small carrot, sliced | 1/4 t pepper |
| 1 small onion, sliced | 2 T butter |
| 4 sprigs parsley | 1 T flour |
| 1 clove garlic, minced | 1/2 C consomme |
| 2 T salad oil | 1/4 lb salt pork diced |
| 1 small bay leaf | 24 small white onions |
| | 1 C fresh sliced mushrooms |

In deep bowl, combine wine, carrot, onion, parsley, garlic, oil, and seasonings. Add beef cubes and marinate for 4 hours, turning meat occasionally. Remove meat and drain well on paper toweling. Strain marinade and set aside. Heat butter in large skillet on medium flame or at 325 degrees. Add well drained meat cubes and brown well on all sides. Add flour; cook and stir until flour is browned. Stir in consomme and reserved marinade. Cover and bring to boil. Turn flame to simmer or lower temperature to 190 degrees and simmer covered for 2 hours. Meanwhile, saute onions and salt pork over medium flame for 10 minutes or until brown. Pour off fat and add pork and onions to meat mixture. Add mushrooms; cover and simmer 45 minutes longer or until meat is fork tender. Makes 6-8 servings.

Shirley Amen
Anne Geis

CROQUE-MONSIEUR

| | |
|--------------------------|--------------------------------------|
| 8 slices white bread | 4 thin slices processed Swiss cheese |
| Butter | 2 eggs, slightly beaten |
| 4 thin slices cooked ham | 1 T water |

Butter bread. Using a slice of ham and a slice of cheese for each, make four sandwiches. Tie with string, if desired. Combine eggs and water in shallow dish. Preheat lightly greased griddle on "burner-with-a-brain" set at high flame and 325 degrees until flame reduces. Dip each sandwich in egg mixture and brown on preheated griddle until cheese is melted and sandwiches are well browned on each side (2 to 3 minutes per side). Remove string. Cut and serve hot as an hors d'oeuvre or as a luncheon sandwich. Makes 4 sandwiches.

Melba Avent
Shirley Amen

TOURNEDOS-SAUCE BERNAISE

Grill or braise 6 small steaks as desired just before serving.

Sauce: 1 small glass vinegar
2 onions
½ clove garlic
1 branch tarragon
3 egg yolks
½ C butter
Chervil or parsley

Reduce over a low heat for about 45 minutes the vinegar, onion, garlic, and tarragon. Strain this reduction.

Place the egg yolks in a double boiler with the reduction. Place over hot water, stirring constantly, adding the butter by small pieces. Add finely chopped chervil or parsley last.

The sauce is also delicious with boiled meats and eggs.

Lazelle Northrop

CRAB QUICHE

1 C shredded Swiss cheese (4 oz)
1 unbaked 9" pastry shell
1 7½-oz can crab meat, drained
2 green onions with tops, sliced
3 beaten eggs
1 C light cream
½ t salt
½ t grated lemon peel
¼ t dry mustard
Dash of mace
¼ C sliced almonds

Sprinkle cheese evenly over bottom of pastry shell. Top with crab meat; sprinkle with green onion. (Squeeze bit of lemon on crab for good flavor.) Combine eggs, cream, salt, lemon peel, mustard, and mace. Pour over crab meat. Top with sliced almonds. Bake at 325 degrees for about 45 minutes. Remove from oven and let stand 10 minutes before serving.

Winnie Pannell

ROAST VEAL "A LA DIJONAISE"

| | |
|---|---------------------------------|
| 2 lb boneless veal larded with bacon | 1 T cognac |
| 2 oz butter | 1 T mustard |
| 4 oz fresh cream | 10 oz mushrooms (small ones) |

Put the butter in a stew pan and brown the veal (golden) on all sides. Cover and simmer $1\frac{1}{4}$ hours until veal is tender. Turn over when half cooked but don't add any water or broth. It must cook in its own juice. Put veal in a dish. Slice it. Add cognac to juice; then cream, mixed with the mustard. Stir to combine but don't boil. Pour part of the gravy on the meat and the rest in gravy bowl.

Mme. Jean Derrien

TARTE AUX FRAISES
(French Strawberry Tart)

- 1 qt strawberries
- 1 C granulated sugar
- $2\frac{1}{2}$ T cornstarch
- $\frac{1}{2}$ to $\frac{3}{4}$ C water
- 1 3-oz pkg cream cheese (room temp.)

Bake one 9" rich tart shell.

Spread cream cheese on bottom of cooled baked pie shell. Line with strawberries (3 cups). Reserve 1 C berries to mash. Add sugar, cornstarch, and water to mashed berries and cook until thick. Pour over berries in pie shell. Chill and serve with whipped cream or whipped cream topping.

Anne Geis

PUFF PASTRY

- | | |
|---------------------------|---------------|
| 1 lb butter | 1 T brandy |
| 1 lb flour | Pinch of salt |
| 1 10-oz bottle soda water | |

Work butter into flour; add brandy and soda water. Roll about 20 times. Keep in cool place. Suitable for small tarts and keeps for a month.

Edna Bryan

CREPES SUZETTES

| | |
|-----------|------------------------------|
| 1 C flour | 1 pt cold milk & water mixed |
| 3 T sugar | ½ t salt |
| 1 T oil | 1 T rum or curacao |
| 2 eggs | |

Place the flour and eggs in a bowl. Add the salt and sugar, and mix. Add the milk slowly, mixing so as to obtain a rather thin, pliant batter. Let batter rest 2 or 3 hours. (If desired, stiffly beaten egg whites may be added.)

Oil a small frying pan. Heat well and pour in the center a small amount of the batter, tipping to fill the pan. When brown, flip over. Remove to platter. Fill with the cream, sprinkle with sugar, douse with hot cognac, and light just before serving.

| | |
|--------------------------|--------------------------|
| Cream: ½ C butter (soft) | Grated rind of an orange |
| 1/3 C sugar | Curacao to taste |

Cream the butter with the sugar. Add the grated orange rind and curacao. Place a spoonful in each crepe.

Anne Geis

FRENCH FRESH STRAWBERRY PIE

| | |
|------------------------------|-------------------------|
| 6 C whole fresh strawberries | 1 T butter or margarine |
| 1 9" pastry shell, baked | 1 C sugar |
| Water | 2 T lemon juice |
| 4 T cornstarch | Whipped cream |
| Dash of salt | |

Arrange 4 C of berries in pastry shell. Crush remaining berries, add ½ C water, heat to simmering, and cook gently for 2 or 3 minutes. Strain — be sure to extract all the juice. Add enough water to juice to make 1½ cups. In a saucepan combine cornstarch and the juice. Bring to a boil over medium low heat, stirring constantly until thick and clear. Remove from heat and add salt, butter, sugar, and lemon juice. Cool; then pour over the berries in the pastry shell. Chill until firm. Top with whipped cream.

(This recipe may also be used to make a fresh peach pie. If the peaches are sweet and ripe, cut sugar to ¾ C. Add a couple drops of almond extract to the glaze.)

Barbara Hills

FRENCH PASTRY

| | |
|------------------|-----------------|
| 2 C plain flour | 1/3 C ice water |
| 1 egg yolk | 1 t vinegar |
| 2/3 C shortening | |

Work shortening in flour. Beat other ingredients together and add to flour mixture. Chill thoroughly. Keeps well and the only pastry that I have found that does not get soggy after several days.

Shirley Amen

VANILLA ICE CREAM

| | |
|--------------------------------|---------------------|
| 1 1/3 C milk | 1 C sugar |
| 2 2/3 C cream or half-and-half | 3 t vanilla extract |
| 6 egg yolks | |

Beat egg yolks and sugar together until smooth and creamy. Bring to boil milk and cream. Pour, very slowly, hot milk and cream mixture over the egg yolk and sugar mixture. Return to very low heat and continue cooking until the custard is near boiling, stirring constantly. Add vanilla. Stir. Strain the custard through a fine sieve and chill quickly. Freeze in an ice cream freezer. Very rich!

Joan H. Hester

CHOCOLATE SOUFFLE

| | |
|--------------------------------|------------------------|
| 4 eggs, separated | 3/4 oz chocolate |
| 1 t lemon juice | (6 T chocolate bits) |
| 1 t vanilla | 1 t instant coffee |
| 1/2 stick butter or margarine | 1/3 C dark brown sugar |
| 2 T flour | 3 T regular sugar |
| 1 C milk or half-half or mixed | |

Combine 4 egg whites, lemon juice, and vanilla. Beat stiff, not dry. Make a cream sauce from the butter, flour, and milk. To this mixture add the chocolate, coffee, brown sugar, and regular sugar. It must be a thick sauce. Cool 5 minutes and then fold in 4 egg yolks. Fold in egg white mixture. Better to underfold than to overfold. Pour into buttered and lightly floured dish. Souffles rise best with this treatment. Cook at 350 degrees for 30 minutes.

Barbara Rinker

ITALY

MARINATED MUSHROOMS

| | |
|----------------------------------|---------------------------------------|
| $\frac{1}{2}$ lb fresh mushrooms | $\frac{1}{2}$ t dried crushed oregano |
| $\frac{1}{4}$ t salt | 3 T wine vinegar |
| Black pepper to taste | $\frac{1}{2}$ C salad oil |

Wash mushrooms thoroughly, dry and slice. Mix remaining ingredients together, add to mushrooms and toss until all pieces are coated. Let stand at room temperature several hours.

Shirley Amen

GREEN SALAD

Select a variety of fresh greens, such as lettuce (iceberg), leaf lettuce, spinach and watercress. Wash well, drain, wrap in towels and refrigerate until serving time. Break into pieces into bowl. Pour over following dressing or a good bottled Italian dressing. Garnish with drained, marinated chick peas.

ITALIAN DRESSING

| | |
|---------------------------|------------------------------|
| $\frac{3}{4}$ C salad oil | $\frac{1}{2}$ C wine vinegar |
|---------------------------|------------------------------|

Drop in 3 buds of whole garlic, good pinch of dry mustard, 1 to 2 T chopped parsley and 1 t paprika. Shake well before using. Refrigeration not necessary.

Shirley Amen

MY BEST ITALIAN MEATBALLS

| | |
|------------------------------------|-------------------------|
| $\frac{3}{4}$ lb ground beef | 3 sprigs fresh parsley, |
| $\frac{1}{4}$ lb ground pork | minced |
| $\frac{1}{3}$ C dried bread crumbs | 1 T salt |
| (finely rolled) | 1 t pepper |
| 4 T Parmesan cheese | 1 clove minced garlic |
| 3 eggs | 3 T tomatoes |

Place meat in bowl; add all ingredients at once and mix thoroughly. Roll into balls and fry in hot fat in skillet until lightly browned. Add to sauce during last hour of cooking. After adding to sauce, don't stir for first 20 minutes. Serves 6.

Shirley Amen

MY BEST ITALIAN SPAGHETTI SAUCE

1 lb hot Italian sausage
4 T cooking oil
2 cloves garlic, minced
2 No. 2½ cans tomatoes
2 6-oz cans tomato paste
1 C water
1 t sugar
¼ t cinnamon
1 T salt
1 t pepper
½ t fennel seed
1 t oregano
3 bay leaves
1 t sweet basil
4 sprigs fresh parsley, minced

Brown sausage in oil, add garlic and tomatoes and cook slowly uncovered 1 to 1½ hours. Add remaining ingredients. Cover and simmer 2 to 2½ hours.

Shirley Amen

SPAGHETTI DOUGH

¾ C flour
1 large egg

Mix egg and flour. Knead until it will hold together and is smooth. Cover with bowl and let set 1 hour. Roll out and cut. Immediately after cutting, cook in boiling water which has been salted. Boil for about 6 minutes. **DO NOT OVERCOOK!** You may dry spaghetti by draping it over a broom handle before cooking.

Shirley Amen

RAVIOLI FILLING

- 1 C cooked chicken (canned may be used)
- 2 eggs
- $\frac{1}{2}$ C grated parmesan cheese
- $\frac{1}{4}$ C cooked spinach, finely chopped

Put chicken through food chopper. Mix all ingredients together. Make up dough for ravioli using spaghetti dough. Make into ravioli using ravioli forms. Dry several hours in the refrigerator. Cook in boiling salted water 15 to 20 minutes. Serve with spaghetti sauce. (48 small)

Shirley Amen

LASAGNE A LA GENOUESE

Sauce:

- | | |
|---------------------|------------------|
| 1 medium onion | 2 C tomato sauce |
| 2 large ribs celery | 1 C tomato paste |
| 2 medium carrots | 2 C water |

Cook chopped onion, celery, and carrots slowly in olive oil (do not brown). Add some parsley, basil, garlic salt, pepper, and oregano (or Italian seasoning). After about 10 minutes, add enough tomato sauce and tomato paste (with water) and a little red wine to make several cups of sauce, and cook over low heat several hours . . . the longer the better.

Brown 1 lb ground beef in olive oil, breaking into small pieces with fork. Drain and set aside.

Boil about 4 qt water and add salt and 1 T olive oil. Gradually add lasagne noodles. Boil rapidly uncovered 15 minutes or until tender. Drain noodles.

Pour a little sauce into large baking dish. Top with a layer of noodles, then some cottage cheese and mozzarella cheese (either grated or sliced very thin) and a little Parmesan cheese, some ground beef, and some sauce. Beginning with sauce, repeat layering, ending with Parmesan cheese.

About $\frac{1}{2}$ hour before serving, heat thoroughly in oven at 350 degrees. After taking out of oven, let it cool for about 5 minutes before cutting in squares.

Mrs. Fuller Sames

CHICHARRONES DE POLLO

(Chicken Crackling)

| | |
|----------------------------|--------------------------|
| 3 lb fryer chicken breasts | 1 t salt |
| 1 t soy sauce | 1 C flour |
| ½ T paprika | 1½ C peanut or vegetable |
| ¼ C lemon juice | oil |

Have the chicken breasts skinned, boned, and chopped into bite size pieces. Mix together the lemon juice, soy sauce, and ½ the salt. Place chicken bits in the marinade 4-5 hours, or overnight, turning once or twice. Drain. Mix flour, paprika, and remaining salt. Toss chicken into dry mixture until coated.

Heat oil to 365 degrees and fry a few pieces of chicken at a time until crisp and brown. Drain and serve with lemon slices or in a rice ring. Serves 3-4.

Ola Harbison

PIZZELLE

(Italian Waffle Cookie)
Makes 50 Cookies

| | |
|-------------|---------------|
| 9 eggs | 1½ t salt |
| 2½ C sugar | 1 t anise oil |
| 1½ C butter | 4 C flour |
| 1/3 C milk | |

Cream together butter and sugar. Add eggs one at a time, mixing well. Add salt and anise oil, then 1 C flour; mix well. Add the milk and remaining flour. Drop by T onto heated iron. Brown on one side; turn iron and brown on other side. Store in airtight container. Better when aged a week or two.

Shirley Amen

BISCUIT TORTONI

Whip 1 C heavy cream. Gradually fold in ¼ C powdered sugar, then 1 egg white, stiffly beaten, alternately with ½ C crumbled and sieved macaroons and 2 t sherry (or 2 t rum). Pack the mixture in 6 individual paper cups. Sprinkle tops with sieved macaroon crumbs. Freeze until firm.

To make macaroons, use canned almond paste and follow recipe on can. Bake very dry and use blender to make into crumbs.

Shirley Amen



GREECE

TYROPITAKIA (Cheese Puffs)

Bring to boil:

1 C water
 $\frac{1}{2}$ C butter
 $\frac{1}{2}$ t salt

Add and stir vigorously:

1 $\frac{1}{4}$ C sifted flour

Cook (continue to stir) for a few minutes until mixture forms a ball that does not stick to pan. Cool for 2 minutes. Add one at a time, beating well after each:

3 eggs

Stir in:

$\frac{1}{2}$ C shredded Parmesan cheese

Form into small balls the size of walnuts. If dough sticks to hands, grease hands lightly. Place on lightly greased cookie sheet. Bake in 400-degree oven for 30 minutes. Makes 12 to 16 puffs. Serve as canapes.

Betty Schilpp

AVGOLEMONO (Chicken Egg-Lemon Soup)

| | |
|--------------------------|----------|
| 2 qt (8 C) chicken broth | 4 eggs |
| 1 C rice | 2 lemons |

Bring clear chicken broth to boiling point. Add rice and cook until tender. Remove 1 C of hot chicken broth and set aside to cool a little. In large bowl of mixer, beat egg whites until stiff. Slowly add egg yolks. When well blended, slowly add juice of two lemons, then the cooled cup of broth.

Remove soup from flame and stir soup with ladle as you slowly pour in the egg-lemon sauce, thereby preventing the sauce from curdling. Continue stirring until the sauce is well-blended into the soup and is the consistency of porridge. This is a satisfying and nourishing soup. Serves 6-7.

Note: If preferred, canned chicken broth may be substituted, adding 3 cans of water to one can of chicken broth.

Mrs. James Pappas

GREEK SALAD

| | |
|------------------------------------|-------------------------|
| 1 small head lettuce | 8 anchovy fillets |
| 2 sprigs celery, including tops | 2 green onions, chopped |
| 2 tomatoes | 1 small cucumber |
| Calamata black olives | 1 small green pepper |
| 3 to 4 T wine vinegar | 1/3 C olive oil |
| Salt and pepper | Oregano |
| | Crumbled Feta cheese |

Wash and drain vegetables, and chop. Add olive oil, vinegar, and seasonings. Toss lightly; sprinkle with oregano.

Efty Tucker

GREEK HOT POTATO SALAD

| | |
|-----------------------------|--------------------|
| 8 medium potatoes, boiled | Juice of one lemon |
| 1 large onion, chopped fine | Dash oregano |
| 1/3 C olive oil | Salt and pepper |

To sliced or cubed boiled potatoes, add onion chopped fine. Add rest of ingredients. Toss lightly and serve warm. Serves six.

Mrs. James Pappas

SUMMER SALAD

- | | |
|-------------------------|-------------------------|
| 1 head lettuce, chopped | 1 green pepper, chopped |
| 2 tomatoes, chopped | or diced |
| 1 onion, chopped | 1 cucumber, diced |

Dressing: 1/3 C olive oil
1 lemon (juice only)

Toss all vegetables. Mix olive oil and lemon juice. Pour dressing over vegetables and mix thoroughly. Garnish with anchovies and Calmata olives, and sprinkle with oregano.

Mrs. James Pappas

AH-JEM PILAF WITH CHICKEN

- | | |
|---------------------------------|-----------------------|
| 1 chicken (fryer) | 1 can tomato soup |
| 1 large onion, chopped fine | 1 can green peas |
| ½ stalk celery, chopped | 1 small can mushrooms |
| Sprigs of parsley, chopped fine | |

Cut chicken into frying pieces. Pre-fry chicken in oil or butter. Cut vegetables and place these in bottom of roaster pan or Dutch oven. Salt. Place chicken which has been pre-fried on top of this. Pour tomato sauce onto chicken and add enough water to cover chicken. Place in hot oven, 450 degrees, for half hour. Then lower to 350 degrees. Cover chicken and cook until all ingredients are done. Add peas and mushrooms, and a little water, if needed. This is served over the rice pilaf.

Rice Pilaf

- Wash 1 C rice
2 medium onions, finely cut
3 T olive oil
3½ C boiling water or chicken broth

Cook onion until clear in olive oil. Add rice and stir constantly until lightly browned. Add boiling water (or broth) and stir. Add dots of butter and salt; cook covered until rice is done. It will have absorbed just about all of the water. Uncover, place cloth over rice, and cover again until ready to serve. This helps to make rice fluffy. Serve chicken and peas over rice.

Mrs. James Pappas

DOLMATHES

| | |
|-------------------------------|------------------------|
| Grape leaves (in jar) | 1 T mint leaves, dried |
| 1 lb hamburger or ground beef | Parsley, chopped |
| | Salt and pepper |
| 1½ C rice (raw) | Juice of 2 lemons |
| 2 chopped onions | ½ can tomato sauce |
| 1/3 C olive oil | |

Mix everything but grape leaves. Place layer of leaves in bottom of large pan. Place about 1 T of mixture in a leaf and roll it up like an envelope. Alternate these rolls with a layer of open leaves. Add water and remainder of can of tomato sauce. Simmer 1½ hours. Serve hot or cold.

Mrs. Robert Carlson

LEG OF LAMB

| | |
|---------------------|-----------------|
| Leg of lamb, 5-6 lb | 4 cloves garlic |
| 1 large lemon | ¼ C butter |
| 1 C water | Salt and pepper |

Wash meat and place in roasting pan. Mix salt, pepper, and cloves of garlic. Make incisions in the lamb in several places and insert cloves of garlic, salt, and pepper. Rub the salt, pepper, and lemon over entire roast. Cover and cook for one hour in oven at 350 degrees. Add 1 C water to the gravy, and baste roast during cooking until meat is well browned. Potatoes may be added to the gravy during the last 2 hours of baking. Serves 7-8.

Mrs. James Pappas

LAMB KEBABS

| | |
|-------------------------|---------|
| 4-5 lb loin of lamb | Salt |
| 1 C lemon juice | Pepper |
| 3 tomatoes, medium size | Oregano |

Cut meat into 1" cubes, dip into lemon juice, and put on skewer, placing half a tomato at each end. Season with salt and pepper and a dash of oregano. Cook over charcoal or under hot flame for 30 minutes, turning until brown but not dry. May be served with rice pilaf or as hors d'oeuvres. Makes 20-25 pieces.

Mrs. James Pappas

BAKED CHICKEN WITH POTATOES

Place 1 stewing chicken in roaster; add enough water so that chicken is half covered. Salt, sprinkle with oregano, and dot with butter or margarine (about $\frac{1}{2}$ stick). Bake chicken until done and tender. Remove chicken. Add potatoes, either sliced or in wedges. Do not add too many potatoes. Be sure there is enough juice. If more juice is needed, add a little water. You can put in very hot oven when potatoes have cooked so that they will brown. Then serve.

Mrs. James Pappas

MOUSSAKA

| | |
|---|--|
| 4 medium eggplants (about 1 lb each) | 1 C grated sharp Cheddar cheese |
| 2 lbs lean beef, ground | $\frac{1}{2}$ C soft bread crumbs |
| 3 medium onions, chopped | Vegetable oil |
| $\frac{1}{2}$ C butter or margarine | 2 cans (1 lb 1 oz each) plump tomatoes, drained |
| $\frac{1}{2}$ C dry red wine | 6 T flour |
| 2 t salt | 3 C milk |
| $\frac{1}{4}$ t coarse black pepper | Salt and pepper |
| 1 t oregano | 4 egg yolks, lightly beaten |
| 2 eggs, lightly beaten | Dash of nutmeg |

Peel eggplant, and cut crosswise into $\frac{1}{4}$ " slices. Sprinkle with salt and arrange in stacks; let stand to drain. Cook beef and onions in 2 T butter until beef is browned. Add wine, 2 t salt, $\frac{1}{4}$ t pepper, and oregano. Simmer until liquid is absorbed. Stir in 2 beaten eggs, $\frac{3}{4}$ C grated cheese, and $\frac{1}{4}$ C bread crumbs. Brown eggplant quickly on both sides in oil. Grease large casserole ($3\frac{1}{2}$ to 4 qt). Sprinkle bottom of casserole with remaining crumbs. Fill with alternate layers of eggplant, meat mixture, and tomatoes, ending with eggplant and leaving 1" headspace. Melt remaining butter, and blend in flour; add milk slowly, stirring constantly. Season to taste with salt, pepper, and nutmeg. Pour a little hot milk mixture on egg yolks, and return to remaining hot milk mixture. Cook about 2 minutes over low heat, stirring constantly until thickened. Pour sauce into casserole and sprinkle with remaining cheese. Bake at 350 degrees 45-60 minutes, or until top is golden brown. Serves 10-12.

Winnie Pannell

MOUSSAKA A LA GRECQUE

| | |
|--------------------------------|-----------------------------|
| 3 medium eggplants | Black pepper to taste |
| 1 C butter | 6 T flour |
| 3 large onions, finely chopped | 1 qt milk |
| 2 lbs ground beef | 4 eggs, beaten until frothy |
| 3 T tomato paste | Nutmeg — dash |
| ½ C red cooking wine | 2 C cottage cheese |
| ½ C chopped parsley | 1 C fine bread crumbs |
| ¼ t cinnamon | 1 C Parmesan cheese |
| Salt to taste | |

Peel the eggplants and cut into slices about ½" thick. Brown slices in 4 T butter. Set aside.

Heat 4 T butter in the same skillet and cook onions until brown. Add the ground beef and cook 10 minutes. Combine the tomato paste with the wine, parsley, cinnamon, salt, and pepper. Stir this mixture into meat and simmer over low heat, stirring frequently, until all the liquid has been absorbed. Remove mixture from the fire. Preheat oven to moderate (350 degrees).

Make a white sauce by melting 8 T butter and blending in the flour. Meanwhile, bring milk to a boil and add it gradually to butter-flour mixture, stirring constantly. When mixture is thickened and smooth, remove it from heat. Cool slightly and stir in beaten eggs, nutmeg, and cottage cheese. Grease 11" x 16" pan and sprinkle bottom lightly with bread crumbs. Arrange alternate layers of eggplant and meat sauce in the pan, sprinkling each layer with Parmesan cheese and bread crumbs. Pour the cottage cheese sauce over the top and bake one hour or until top is golden. Remove from oven and cool 20 to 30 minutes before serving. Cut into squares.

Note: The flavor of this dish improves on standing one day. Re-heat before serving.

Mrs. C. Hursell Dearman

KEFTETHES
(Meatballs)

5 slices bread (remove crusts & soak)
2 lb ground beef
8 soda cracker squares, crumbled
3 eggs
1 large onion, finely chopped
2 cloves garlic, finely cut
Parsley, chopped
 $\frac{1}{2}$ t mint
 $\frac{1}{2}$ t oregano
2 T grated cheese

Mix all ingredients thoroughly in a bowl and chill in refrigerator for half an hour. Take about 1 T of the mixture and roll in your hands until a round ball is formed. Flatten slightly and roll in flour. Fry in hot Wesson or Mazola oil.

Mrs. James Pappas

PLAKI
(Baked Fish with Vegetables)

1 large bass, or 2-3 small ones
(mackerel or red snapper may be used)
1 C olive oil
 $1\frac{1}{2}$ C canned tomatoes
1 wineglass white wine
1 lb chopped onions
 $\frac{1}{2}$ C parsley
1 lb spinach
 $\frac{1}{4}$ C fresh dill
2 cloves garlic
Juice of $\frac{1}{2}$ - 1 lemon
Salt to taste

Clean, wash, and salt fish. Sprinkle with lemon juice and put aside. Chop all vegetables fine. Brown chopped onions in olive oil. When half-browned, add spinach and other vegetables and let brown a little more. Then add the wine and enough water to cover the fish. Salt, and simmer 15 minutes. Rinse bass, put in pan with vegetables, and let cook in moderately hot oven 30 minutes until done.

Mrs. James Pappas

MANESTRA WITH GROUND BEEF

| | |
|--|------------------|
| 1 lb ground beef | 3 T tomato paste |
| 1 large onion, chopped | 1 T olive oil |
| 1½ C manestra (may substitute 2 C rice) | 1 T cinnamon |
| ½ C butter | 5 C hot water |
| | Salt and pepper |

Brown meat in large pot for 5 minutes. Add onion and butter, and continue browning for 5 more minutes, stirring occasionally. Add tomato paste, tomatoes, oil, cinnamon, 3C water, salt, and pepper. Cover and cook over medium flame for 20 minutes. Add manestra and remaining 2 C of water. Bring to a boil, reduce to low flame, and cook covered for 20 minutes until manestra is tender. Serve very hot. Sprinkle with grated cheese before serving. Serves 6-7.

Mrs. James Pappas

EGGPLANT-STUFFED TOMATOES

Cut off tops and scoop out centers from:

6 large, round tomatoes

Peel, boil until tender, and mash:

1 medium-size eggplant

Combine and add to eggplant:

2 C grated cheese

2 T melted butter

3 beaten eggs

½ t salt

Fill tomato shells, replace tops, and place in greased casserole. Bake in 350 degree oven for 30 minutes. Serves 6.

Betty Schillp

SUGAR COOKIES

1 lb butter
1 egg yolk
Whole cloves

¾ C chopped nuts
¼ C powdered sugar

2½ C - 3½ C flour

Mix all ingredients except cloves together. Roll small portions in your hands and shape into crescent shapes. Place a whole clove into each one. Place on a buttered cookie sheet. Bake at 400 degrees for about 10 minutes. While warm roll in additional powdered sugar. These will keep for a long time stored in a tin. Yield: 4 dozen.

Efty Tucker

BAKLAVA

- 1 lb phyllo dough (available at College Beverage in Winston-Salem)
- 2 C finely chopped pecans and walnuts
- 1 lb melted butter
- 1 C granulated sugar and 1 T powdered cinnamon mixed together

Note: Phyllo dough is packaged in thin layers and frozen. Allow the dough to thaw for 3 to 4 hours before handling.

Syrup
1 C sugar
1 C water
1/4 C honey
1/2 t lemon juice
1 cinnamon stick

Boil the ingredients for the syrup together for a few minutes.

Place layers of dough in large roasting pan, one at a time. Brush each layer liberally with melted butter. Sprinkle chopped nuts and cinnamon and sugar mixture on every 4th layer until about 20 layers are completed. Bake at 375 degrees for about 20 minutes, or until golden brown. Allow to cool. Pour hot syrup over Baklava. To store, keep damp dish towel over top. Cut into squares to serve.

Mrs. Robert S. Carlson

CREME A L'ORANGE

- | | |
|--------------------|------------------------|
| 1/3 C sugar | Juice of 1 lemon |
| 4 egg yolks | Grated rind of 1 lemon |
| Juice of 4 oranges | |

Mix all together and cook slowly, as a custard. Serve cold garnished with sliced oranges.

Melba Avent

KOURAMBIETHES (Shortbread Cookie)

| | |
|------------------------------|------------------------|
| 2 C butter, sweet (unsalted) | 1 t vanilla |
| 4 T (heaping) powdered sugar | 2½ C cake flour |
| 2 egg yolks | 2½ C all-purpose flour |

Cream ^{1 C sugar} butter and sugar well. Add eggs, vanilla, and flour until a soft dough is formed. Dough should not be too thick but should not stick to your hands as you work with it. Shape cookies into crescents or little rounds with a peak in the middle. Place on cookie sheets. Bake in 300-degree oven, about 1 hour, until lightly browned.

Meanwhile spread wax paper on table. Sift powdered sugar over this paper. Place hot, browned cookies on powdered sugar. Sift more powdered sugar on top until cookies are completely sugar-coated.

Mrs. James Pappas



U.S.S.R.

PRAGUE POTATO SALAD

Make your best potato salad with lots of green onion tops. Hard boil and peel one egg for each person. On each plate, place the whole boiled egg. Completely cover the egg with a uniform mound of potato salad. Top with 2 T homemade mayonnaise and a couple of ripe olives. On the same plate at the side of the potato salad, place 1 T cooked, drained, white navy beans. As a side dish to each plate, serve one whole, fully ripe tomato, sliced, and pumpernickle or other coarse, brown bread.

Lazelle Northrop

FRUIT SOUP

- | | |
|-----------------------------|------------------------|
| ½ C each dried apricots, | ½ lemon, thinly sliced |
| dried apples, and raisins | 1 stick cinnamon |
| 2 fresh apples, peeled | ½ C sugar |
| 1 can (1 lb) white cherries | |

In a large kettle soak apricots, dried apples, raisins, and lemon slices in 4 C cold water for 1 hour. Add cinnamon stick and sliced fresh apples. Cover and simmer 15 minutes. Add undrained cherries and sugar. Heat until cherries are hot through and sugar dissolved. Remove from heat and cool until luke warm. Serve in soup bowls with a few pieces of the fruit in each bowl.

Lazelle Northrop

GHIVETCH

- | | |
|-----------------------------|----------------------------|
| 1 C thinly sliced carrots | ¼ C julienne strips sweet |
| 1 C fresh green beans, | red pepper |
| sliced into ½" diagonals | ¼ C green pepper in strips |
| 1 C diced potato | ½ C frozen green peas, |
| ½ C celery, sliced ¼" | thawed |
| thick diagonally | 1 C beef bouillon |
| 2 medium tomatoes, | 1/3 C olive oil |
| cored and quartered | 3 cloves garlic, crushed |
| 1 small yellow squash, | 2 t salt |
| sliced thin | ½ bay leaf, crumbled |
| ½ Bermuda onion, | ½ t savory |
| sliced thin | ¼ t tarragon |
| ½ head small cauliflower, | |
| broken into small flowerets | |

Preheat oven to 350 degrees. Put vegetables in ungreased shallow baking dish (13" x 9" x 2"). They should be mixed, not arranged by layers. Put bouillon in small saucepan; add oil, garlic, salt, bay leaf, savory, and tarragon; heat to boiling. Pour over vegetables. Cover with lid or heavy aluminum foil. Bake 1 to 1½ hours or until tender. Stir occasionally so that vegetables cook evenly.

You may substitute vegetables according to availability and taste.

Winnie Pannell

BORSCHT NO. I

| | |
|---|---------------------------|
| 2 medium size, raw beets (peeled and shredded) | 1 very small head cabbage |
| 1 small-size onion (also shredded) | 1 T lemon juice |
| 1 beef bouillon | 1 T butter or margarine |
| 1 C water | Sour Cream |
| | Chopped parsley |
| | Salt |

Dissolve bouillon cube in water. Add shredded beets and onion. Simmer 10 minutes.

Shred cabbage finely. Add to beets, onion, and bouillon. Salt according to taste. Stir and cook for an additional 5 to 6 minutes.

Stir in lemon juice and butter. Serve topped with sour cream and parsley.

Beth Tartan

BORSCHT NO. II

| | |
|---------------------------------|------------------------|
| 2 lb beef (chuck or brisket) | 3 stalks celery, diced |
| 1 lb beef bones | 2 onions, chopped |
| 3 qt water | 1 C cabbage (shredded) |
| ½ lb bacon, diced | 6 sprigs parsley |
| 3 carrots, diced | 2 cloves garlic |
| 10 small beets, shredded | 1 t thyme |
| | 1 bay leaf |

Boil for 45 minutes water, beef, bones, chopped bacon, and seasonings (last 4 items) tied in a small bag; salt and pepper to taste. Add remaining ingredients and simmer until beef is tender (about 2 hours). Remove the meat and 1 cup of the vegetables and set aside. Strain (sieve) soup, add the cup of vegetables and re-heat. Sour cream (about ¼ C) may be stirred into the soup when it is removed from the heat. Place thick slice of meat in each soup bowl, pour in soup, and top with 1 T whipped cream. Serves 6.

Lazelle Northrop

GROUND BEEF STROGANOFF

- ¼ C (½ stick) butter
- ½ C finely chopped onion
- 1 clove garlic, minced (optional)
- 1 lb ground beef
- 2 T flour
- 1 can (8 oz) sliced mushrooms, drained, reserving half of liquid
- 1 t salt
- ¼ t pepper
- ½ can (10½ oz) condensed cream of chicken soup
- 1½ C dairy sour cream at room temperature
- Noodles, chow mein noodles, or spaghetti

In skillet melt butter; add onion and garlic; cook until onion is transparent. Add meat and brown slowly. Stir in flour, mushrooms with reserved liquid, salt, and pepper. Cook 5 minutes. Add soup; simmer an additional 10 minutes. Stir in sour cream and heat to desired serving temperature. (Do not boil.) Serve hot over cooked noodles, spaghetti, or chow mein noodles. Garnish as desired. Serves 6-8.

Mrs. James Pappas

PASKHA

(Traditional Easter dessert on Russian and Greek Orthodox tables)

- 1 (10¾-oz) pkg refrigerator cheesecake mix
- 1½ C cold milk
- 3 egg yolks
- ½ C butter or margarine, softened
- 1 C finely grated almonds or pecans
- 1 C mixed chopped candied fruit

Blend the cheesecake mix from package with 1½ C cold milk. Beat at medium speed for 3 minutes or until very thick.

In another bowl, beat 3 egg yolks with ½ C butter or margarine, softened. Fold in thick cheesecake mix together with the grated nuts and chopped candied fruit. Pour into sherbet cups or graham cracker crust. Chill. Serve with brandy sauce.

Melba Avent

BRITISH ISLES



ENGLAND

AVOCADO CREME

- | | |
|---------------------------|--------------------------------|
| 2½ oz half-and-half cream | 1 ripe avocado, slightly soft, |
| 1 T white vinegar | cut in half lengthwise |
| 1 T lemon juice | 4 anchovy filets, chopped |
| 1 dash pepper | ½ t finely chopped onion |
| 1/8 t cayenne pepper | |

Slice avocado and spoon out fruit. Mix avocado with above ingredients, except for cayenne. Spoon into avocado rinds and sprinkle with cayenne. Garnish with lemon slices and serve immediately.

Mrs. Grady Dixon

ENGLISH MONKEY

- | | |
|---------------------------------|------------------------|
| 1 C milk | ¼ t paprika |
| 1 C dry bread crumbs | ¼ t prepared mustard |
| 1 C grated sharp Cheddar cheese | 1 egg, slightly beaten |
| | Toast |

In top of double boiler, combine milk, crumbs, and cheese, and heat over boiling water, stirring, until cheese is melted. Add seasonings, then stir a little of the hot mixture into the egg. Add egg mixture to cheese, stirring, and cook 1 minute. Serve over toast. Makes 4 servings.

Beth Tartan

POTATO SOUP

2 lb potatoes
1 onion
1 to 2 stalks celery
1 T fat
2¼ pt stock or water
Salt and pepper
1 bay leaf
1 blade mace
1 T flour
¼ pt milk (½ C)
1 T chopped parsley

Peel and slice potatoes, chop onion and celery. Melt the fat and saute vegetables for 5 to 10 minutes. Add liquid, seasonings and herbs. Bring to boil and simmer till vegetables are tender and potatoes break up. Mash with a fork or potato masher. Stir in flour, blended to a smooth cream with milk, and boil for 2 to 3 minutes. Add the chopped parsley just before serving.

Elizabeth Anthony

SPINACH SOUP

1 lb fresh spinach (or 8 oz pkg of frozen spinach)
½ oz butter
½ oz flour
¾ pt chicken stock
1 t finely chopped shallots or onion
½ pt milk (2½ oz half-and-half cream)
1 dash of pepper and nutmeg

Melt butter in pan and saute onion; add flour to make roux; gradually add chicken stock to roux and slightly cook. Add spinach in small amounts to make smooth and continue adding stock. Add milk and bring to a boil and simmer for 20 minutes.

Sprinkle with nutmeg and pepper. Serve.

Mrs. Grady Dixon

BEEF STEAK AND KIDNEY PIE

| | |
|---|---|
| $\frac{3}{4}$ lb calf kidney | 1 bay leaf |
| 2 T flour | 1 t parsley, chopped |
| 1 t salt | A pinch each of ground |
| $\frac{3}{4}$ t black pepper, freshly ground | cloves and marjoram |
| 4 T butter | $\frac{1}{2}$ lb mushrooms, sliced and sauteed |
| 4 shallots, finely chopped | 1 T Worcestershire sauce |
| 2 lb beef steak, cut into bite-size pieces | Splash of dry sherry or madeira |
| 1 C beef bouillon | |

Clean and split kidney, remove fat and large tubes, and soak in salted water for 1 hour. Dry and cut into $\frac{1}{4}$ " slices. Mix flour, salt, and pepper; roll kidney and beef in mixture. Melt butter in heavy pot and saute shallots. When shallots have taken on a little color, add beef and kidneys and brown lightly, turning. Add bouillon, bay leaf, parsley, cloves, and marjoram. Stir, cover, and simmer for 1 to $1\frac{1}{4}$ hours or until meat is tender. Add mushrooms, sherry, and Worcestershire. If liquid is too thin, thicken with a smooth paste of flour and water.

Grease a deep baking dish. Place a pie funnel in the center. Add meat mixture and allow to cool. In the meantime, make pastry (recipe below); then place over meat. Make vents in the pastry to allow steam to escape and bake in a 450-degree oven for 8 to 10 minutes. Lower heat to 375 degrees, and continue baking for 15 minutes or until crust is golden.

Calves or beef liver may be very satisfactorily substituted for kidney if kidney is not available. Another substitution is two 12-oz cans of roast beef for the beef.

Pastry

| | |
|--|-----------------------------|
| $1\frac{1}{2}$ C flour, sifted | 1 egg |
| $\frac{1}{2}$ t salt | $\frac{1}{2}$ t lemon juice |
| $\frac{1}{4}$ t baking powder | $2\frac{1}{2}$ T ice water |
| $\frac{1}{4}$ lb ($\frac{1}{2}$ C) lard | |

Sift flour with salt and baking powder. Cut lard into flour mixture until crumbs form. Beat egg lightly and add half the egg (use other half for another purpose or discard). Add lemon juice and water. Stir with a fork until blended, then shape into a ball. Roll out on lightly floured board.

PORK BRAISEE

- 4 loin pork chops, without bones or ends
- 2 t flour
- ½ t salt
- 1 dash of pepper
- 1 oz butter
- 1 medium onion, sliced in rings
- 2 medium potatoes, sliced thinly
- 2 celery stalks, cut in 2" to 3" lengths
- ½ lb tomatoes, skinned and quartered
- 2 t granulated sugar
- 1 t Worcestershire sauce
- 2 T white wine, OR dry cider, OR lemon juice

Season flour with salt and pepper and thoroughly coat the meat. Melt the butter in a frying pan, and braise the meat with the onions on the sides until brown.

Grease 1½ qt casserole covered dish, then thinly slice the potatoes to the bottom, onions on top of the potatoes, then the browned pork, and next the tomatoes and celery scattered over the top.

For the sauce:

Add 1 t flour to remaining fat in the frying pan, plus the sugar and Worcestershire sauce and white wine; gently combine. (If too thick, add small amount of water — BUT be cautious because the sauce needs to be thick with pork. The tomatoes will provide juice also in the casserole.) Pour sauce over casserole. Cover the casserole dish and cook at 350-400 degrees for 1½ hours.

Mrs. Grady Dixon

ENGLISH CHRISTMAS CAKES

- | | |
|----------------------------|-----------------------------|
| 3 eggs (beaten separately) | 1 t each cinnamon, nutmeg, |
| 2 C light brown sugar | and soda |
| 2/3 C butter | 1 C each pecans and raisins |
| 2/3 C buttermilk | ½ lb each candied chopped |
| 3 C flour | citron, cherries, and pine- |
| | apple (if wanted) |

Thoroughly cream butter, sugar, and yolks of eggs together. Add spices and soda dissolved in buttermilk, flour, and the whites of eggs. Add, at last, chopped fruits. Drop small teaspoonfuls batter on baking sheet and sprinkle with white sugar and brown.

Mrs. M.E. Motsinger

ENGLISH TRIFLE NO. I

- | | |
|-------------------------------|----------------------|
| 1 pkg (3¼ oz) vanilla pudding | ¼ C sherry |
| 2½ C milk | 1 C heavy cream |
| 1 8" sponge cake layer | Maraschino cherries, |
| ½ C raspberry jam | optional |
| 1 can (1 lb 1 oz) sliced | Toasted slivered, |
| peaches | almonds, optional |

Prepare pudding mix with 2½ C milk, as directed on package. Remove from heat; place a piece of wax paper directly on surface. Set aside. Split sponge cake into two layers. Spread jam on one layer and cover with the other. Cut cake in small squares. Drain peaches, reserving ½ C syrup. Combine syrup with sherry. Quickly dunk cake squares into reserved syrup and wine. Put half of the squares in serving dish, cover with ½ C sliced peaches. Pour pudding over this. Continue layering, ending with pudding. Whip cream and use to decorate top of dessert. Garnish with cherries or slivered almonds, as desired. Makes 6 to 8 servings.

Beth Tartan

ENGLISH TRIFLE NO. II

- 1 cake layer, white or yellow, baked in an 8"x8" square pan
- 1 can of mandarin oranges
- 1 can (1 lb) pineapple slices (cut slices into ½" sections)
- 1 pkg vanilla pudding and pie filling (prepared as directed = 2 C pudding)
- 1 C chilled whipping cream
- ½ C granulated sugar
- 3 oz sweet sherry

Drain the fruit on a paper towel. Cut the cake into 8 pieces and split each piece horizontally. Arrange half of the pieces in a 2-qt glass serving bowl and cut as desired to fit the bowl. Pour 1½ oz sherry over the cake evenly and add half of the fruit — pineapple and mandarin oranges — then spread 1 C of the pudding on top. Repeat with the remaining cake, 1½ oz of sherry, fruit, and pudding.

Cover and chill several hours. In a deep chilled bowl beat the cream and sugar until stiff, and spread over the trifle just before serving. Garnish with halved maraschino cherries if desired.

Fresh fruits of any type are absolutely delicious and a grand treat!

Mrs. Grady Dixon

OLD ENGLISH PLUM PUDDING

| | |
|-------------------|----------------------------|
| 3 C sifted flour | 2 C ground suet |
| ½ t salt | 2 C seedless raisins |
| 1 t baking powder | 1 C currants |
| 2 t cinnamon | 1 C light molasses |
| ½ t ground cloves | 1 C cold water |
| ½ t allspice | Brandy, or sugar cubes and |
| 1 C chopped apple | lemon extract |

Stir flour, salt, baking powder, cinnamon, cloves, and allspice. Set aside.

Combine suet, apple, raisins, currants, molasses, and water; stir in flour mixture until thoroughly mixed.

Turn into greased 2-qt pudding mold.* Cover tightly; place in deep kettle. Add enough boiling water to come halfway up side of mold. Steam covered 3 hours. Serve hot with hard sauce.

*If you do not have a mold, use unbleached muslin washed and bleached and cut into squares. Steam the pudding by lining a heavy bowl with the muslin and tying securely.

To flame: In a saucepan heat about ½ C brandy until slightly warm; pour over pudding and light with a match; or surround pudding with sugar cubes which have been dipped in lemon extract, then light.

Hard Sauce: ¼ C butter
1/8 t salt
1 C confectioner's sugar
1 t vanilla
1 t brandy

Beat butter and sugar until light and fluffy; add salt, vanilla, and brandy. Refrigerate until serving time. Makes half a cup. (Enough for 1 pudding.)

I usually steam the puddings at Thanksgiving, and then age them, well wrapped in foil and wax paper. Occasionally sprinkle them with brandy and reheat them for an hour or so just before serving. The puddings are much better made early like this and frozen, then baked in a 350 degree oven before serving. Makes 2 substantial puddings.

Bridget van Steen

ENGLISH TEA CAKE

½ C scalded milk
1 cake or pkg yeast
¼ C shortening, melted
¼ C sugar
1 egg or 2 yolks, beaten
½ t salt
½ C dried currants: puff by immersing in boiling
water and draining thoroughly immediately
1½ C flour (about)

Dissolve yeast in milk which has been cooled to lukewarm. Add shortening, sugar, eggs, salt, currants, and enough flour to make a rather stiff drop batter. (It is a good trick to mix the currants with a little of the flour before adding them.) Beat smooth. Let rise until double in bulk. Stir down and pour into greased 2" deep pan, filling pan ½ to ¾ full. (I prefer an 8" square pan.)

Mix 2 T sugar, ¼ t cinnamon, and ¼ C chopped nuts; sprinkle and pat down over batter. Let rise until puffy. Bake ½ hour in 350-degree oven.

Mrs. E.F. Potthoff

BANBURY PIE
(Or Tarts)

| | |
|----------------------------|------------------------|
| ½ C chopped raisins | 1 egg, slightly beaten |
| ½ C chopped dates | 3 T lemon juice |
| ½ C chopped figs | 1 T grated lemon rind |
| ½ C chopped dried apricots | |
| ½ C chopped nuts | |
| 1 C brown sugar | |
| 1 T flour | |

Combine first 7 ingredients and cook over low heat for 10 or 15 minutes. Remove from heat and stir in the lemon juice and rind. Bake in an uncooked pie shell, or 12 uncooked tart shells, 15 to 18 minutes at 425 degrees. Serve topped with whipped cream or ice cream.

Melba Avent



SCOTLAND

SCOTCH BROTH

1 to 1½ lb lean beef
2¼ pt water
Salt
1 carrot
1 turnip
1 onion
2 leeks
1½ oz pearl barley
2 t finely chopped parsley

Put meat in pan, add water and salt, bring slowly to boiling point, then simmer gently for 1½ hours. Add diced vegetables. Put the barley into cold water, bring to boiling point, strain and add to the broth. Simmer until barley and vegetables are cooked — about 1 hour.

Serve meat separately on a dish, with a little broth. Put the parsley into tureen (soup bowl) and pour in broth. If any fat appears on surface, remove it with a spoon.

Elizabeth Anthony

BAKED HALIBUT

| | |
|---|------------------------------------|
| 1 lb slice fresh or frozen halibut | 1 medium-size onion, thinly sliced |
| $\frac{1}{2}$ C melted butter | $\frac{1}{2}$ C heavy cream |
| $\frac{3}{4}$ C drained canned tomatoes | 1 t salt |

Place halibut in baking dish and sprinkle with salt. Brush on melted butter. Spread over the top, canned tomatoes and onion slices. Bake 20 minutes in 400 degree oven. Remove from oven and pour on cream. Return to oven and cook 10 minutes longer. Serve at once.

Arthealia Hollister

ORANGE AND BANANA FLUMMERY

| | |
|------------------------|-------------------------------|
| 2 large oranges | $\frac{1}{3}$ C castor sugar |
| 3 bananas | $\frac{1}{2}$ pt double cream |
| 1 dessert spoon brandy | Chopped nuts |

Grate the rind of the oranges and chop the fruit, without the pith, into small pieces. Slice the bananas. Whip up the cream and sugar until fairly thick. Add the rind and fruit to the whipped cream; fold in the brandy and pour into glass dishes. Top with chopped nuts. Leave in a refrigerator for 2 hours before serving.

Melba S. Avent

SCOTCH SHORTBREAD

| | |
|-------------------------------|------------------------|
| 2 C sifted all-purpose flour | $\frac{1}{2}$ C sugar |
| 1 C butter | 1 egg, unbeaten |
| $\frac{1}{2}$ t baking powder | Grated rind of 1 lemon |

Sift flour, baking powder together. Cream butter thoroughly and add sugar slowly, creaming well. Stir in the unbeaten egg and lemon rind. Add sifted dry ingredients to the mixture and work together on lightly floured board until smooth. Divide dough in two parts and place each half on a greased 9" pie pan. Flatten with fingers and press into shape on bottom of pans. Mark into pie-shaped wedges with back of knife. Prick the dough with a fork. Bake in a slow oven at 300 degrees for 30 minutes. May be cut into fancy shapes with cookie cutters.

SCOTTISH SHORTBREAD

1½ C flour
2/3 C quick cooking oats, uncooked
1 C (2 sticks) butter or oleo
2/3 C brown sugar, packed

Combine all ingredients in a mixing bowl and mix with your fingers until well-blended and crumbly. Press firmly and evenly into a lightly buttered baking pan about 10" by 15".

Bake in a 300-degree oven for about 45 minutes. Cut into squares while still warm. Cool in pan. Makes about 36 cookies, 2" square.

These are just right on a cold day with a hot cup of tea. They are excellent for CARE packages, too. They travel well.

Melba S. Avent

AULD KIRK PUDDING

| | |
|------------------------|------------------|
| 1 C plain flour | 2/3 C sugar |
| 2/3 C rice flour | 1 T butter |
| 2/3 C currants | 1 t mixed spice |
| 2/3 C raisins | 1 t baking soda |
| 1 dessert spoon brandy | 1 C boiling milk |

Sieve the dry ingredients, rub in the butter, and add the cleaned fruit. Pour boiling milk over mixture; add the brandy. Thoroughly mix and pour into a greased bowl. Steam for 2½ hours. Turn out and serve with egg custard or butterscotch sauce.

Butterscotch Sauce

1 C soft brown sugar
2 T butter
1 T golden syrup
2 T milk

Mix together in a saucepan and bring to a boil.

Melba S. Avent

DROP SCONES

| | |
|------------------|-------------------|
| 1 egg | 1 t baking powder |
| 1 C milk | Butter for frying |
| ½ C sifted flour | |

Beat the egg and milk together in a bowl. Sift the flour and baking powder together and add to the previous mixture, mixing until smooth. The batter should be the consistency of thin cream. Add more flour, if necessary. Grease a griddle or large frying pan lightly. Drop the batter by tablespoons, and bake over low heat until lightly browned on both sides. Serve with plenty of butter and jelly, if desired. This is a favorite teatime specialty.

SCOTCH SCONES

(from "A World of Good Eating")

| | |
|-------------------|-----------------|
| 2 C flour | 6 T shortening |
| 3 t baking powder | ½ t salt |
| 2 T sugar | 1½ C buttermilk |

Sift the dry ingredients; cut in the shortening until the mixture looks crumbly. Add the buttermilk, mixing only enough to moisten the flour. Turn the mixture onto a lightly floured board and pat into a round about 1" thick. Cut into 12 pie-shaped pieces (or cut into triangles and diamonds). Place on greased cookie sheet and bake in hot oven 20 minutes.

DUNDEE CAKE

| | |
|---------------------------|-----------------------------|
| 1 C butter or margarine | ½ C finely-chopped |
| 2/3 C granulated sugar | candied citron |
| 4 eggs | 1 can (4½ oz) blanched |
| 2½ C sifted cake flour | almonds, coarsely- |
| 1 t baking powder | chopped |
| ½ t salt | 1 lemon rind |
| 1 C currants | 2 T grated orange rind |
| ½ C dark seedless raisins | 2 T lemon, or orange, juice |

Beat butter and sugar in large bowl until creamy. Then beat in eggs, one at a time, until fluffy.

Sift together cake flour, baking powder, and salt. Then stir in currants, raisins, citron, almonds, lemon rind, and orange rind. Beat into butter mixture alternately with lemon, or orange, juice. Pour into greased 10x5x3" loaf pan. Bake 70 to 80 minutes at 325 degrees. Cool in pan 10 minutes, then turn out on rack to cool completely. Wrap in foil to keep fresh. Cut into slices for serving.

Carol June Brown

IRELAND



IRISH STEW

- | | |
|--|---|
| 2 lb lamb shoulder, cut in 2" cubes | 6 medium potatoes, peeled and halved |
| 1 T salt | 3 medium carrots, pared, and cut in thirds |
| $\frac{1}{2}$ t pepper | 1 T parsley |
| 2 C water | 1 T flour |
| 6 medium onions, pared and halved | |

Place lamb, salt, and pepper in large kettle or Dutch oven. Add $1\frac{3}{4}$ C water. Bring to a boil, then simmer covered 1 hour. Skim excess fat from surface. Add vegetables and cook until vegetables and meat are tender (about $\frac{1}{2}$ hour). Beat together flour and $\frac{1}{4}$ C water, and stir into stew. Bring to a boil, stirring constantly. Serve as main dish, sprinkled with parsley.

Lazelle Northrop

IRISH SODA BREAD

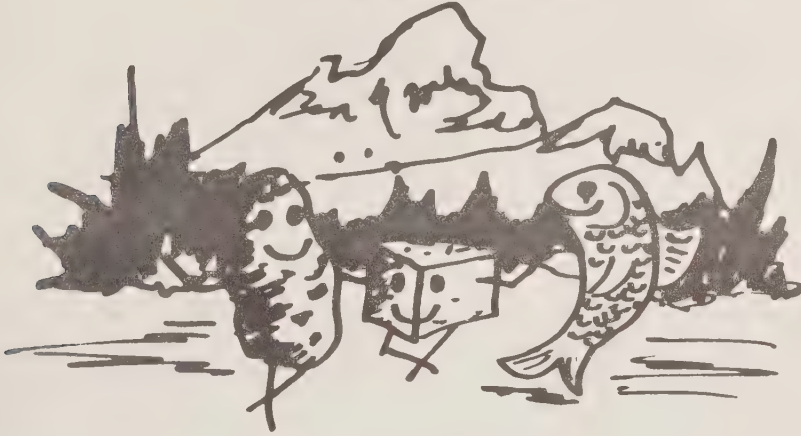
This soda bread recipe is an old recipe of my mother's that I have modified a little. We always celebrate St. Patrick's Day in Ireland with a "batch."

- | | |
|-----------------------|-----------------------------|
| 3 C flour | 1 box currants |
| $\frac{2}{3}$ C sugar | 2 eggs, beaten |
| 1 T baking powder | $1\frac{3}{4}$ C buttermilk |
| 1 t salt | 2 T liquid shortening |
| 1 t baking soda | |

Sift dry ingredients into large bowl. Stir in currants. Combine eggs, buttermilk, and shortening. Add liquid mixture to dry ingredients and mix just until flour is moistened. Turn batter into greased and floured loaf pan. Bake at 350 degrees for an hour. Remove from pan immediately, and allow to cool before slicing. If you mix more than is necessary you will get "holes" in the loaf just like muffins!

Bridget van Steen

SCANDINAVIA



SWEDISH GLUG (Christmas Wine Punch)

$\frac{1}{2}$ gal port wine
 $\frac{1}{2}$ pt grain alcohol
(or vodka)

Lump sugar, prunes, raisins, lemon
juice, almonds, cloves, cardamon
seeds, stick cinnamon

Pour wine in a pot for boiling. Add 8 or 9 sugar lumps. Cover and set aside. Boil 1 C prunes, $\frac{1}{2}$ C raisins, and $\frac{1}{2}$ t lemon juice in a small amount of water for 5 minutes; then pour off water and add wine. Also add 15 almonds. Put about 7 whole cloves, 5 cardamon seeds, and a stick of cinnamon in a small cloth bag. Dip into wine mixture while it is heating. Add 2 jiggers of alcohol to top of mixture. Light a match to it and you have Glug.

Mrs. Robert Carlson

FRIED CHEESE BALLS (Swedish Cheese Balls)

$2\frac{3}{4}$ C grated Swiss cheese
 $\frac{1}{2}$ C all-purpose flour
2 eggs, well beaten
1 egg yolk

1 t salt
 $\frac{1}{4}$ t paprika
 $\frac{1}{8}$ t nutmeg
Fat for deep frying

Combine grated cheese, flour, eggs, egg yolk, salt, paprika, and nutmeg. Work into a stiff paste; if necessary, add a little more flour, one tablespoon at a time. Shape in balls about the size of a hickory nut. Fry in deep fat at 380 degrees for 6 minutes or until golden brown. Drain well on paper towels. Serves 4.

Melba S. Avent

HAM-CHEESE BITS

- 1 pkg Danish sliced ham
- 1 pkg sliced Swiss cheese
- $\frac{1}{2}$ pt sour cream
- $\frac{3}{4}$ C chopped green olives
- $\frac{1}{2}$ C finely chopped green onions
- 1 t chopped parsley

Mix together sour cream, olives, chopped onions, and parsley. Spread one slice of ham with some of the sour cream mix. Top with slice of cheese. Roll up and wrap in foil. Continue this procedure, wrapping each rolled "sandwich" separately. Place in the freezer for two hours. When ready to serve, remove from freezer, slice each roll into $\frac{1}{2}$ " thick bits. Serve on toothpicks or cocktail picks.

Selvey Johnson

DANISH MEAT BALLS

- 2 slices bread, cubed
or $\frac{1}{2}$ C crackers, crushed
- $\frac{1}{2}$ C milk
- 1 lb ground beef
- 1 small onion, chopped
- 2 T wheat germ
- $\frac{1}{2}$ t salt
- $\frac{1}{4}$ t pepper
- 1 C brown sugar
- $\frac{1}{4}$ C vinegar
- 1 t prepared mustard

Soak bread or crackers in milk; combine with meat, onion, wheat germ, salt and pepper. Shape lightly into small balls; arrange balls in shallow casserole. Mix remaining ingredients with additional salt and pepper to taste; pour sauce over balls. Bake at 400 degrees for 20 minutes or until meat balls are well done. Baste once or twice and serve hot. Yields 6 to 8 servings.

Kay B. Pardue

NORWEGIAN MEATBALLS

| | | |
|------------------|---|-------------------------|
| 1 lb beef | } | ground together 3 times |
| ½ lb veal | | |
| ¼ lb pork | | |
| 1 to 1½ C milk | | |
| ½ C bread crumbs | | |
| 1 or 2 eggs | | |
| ½ t pepper | | |
| Salt to taste | | |
| 2 T onion | | |

Mix eggs and milk together and add bread crumbs. Let soak for awhile until mushy; then combine with meat, seasonings, and onion. Knead together and form small balls. Brown on all sides in skillet; then add water or bouillon to almost cover. Simmer with lid on for about 15 minutes. Thicken gravy and serve with rice or potatoes.

Mrs. Robert Carlson

KOLDOMMER
(Swedish Cabbage Rolls)

1 lb hamburger meat (or
2 lb if veal is omitted)
1 lb ground veal
2 slices white bread
½ C milk
2 t salt
½ t ground allspice
Pepper to taste
2 large heads cabbage

Mix well all ingredients except the cabbage. Steam cabbage to loosen outside leaves. Form meat mixture into 2" balls, wrap each in a cabbage leaf, and secure with heavy thread. Brown these meat-cabbage rolls lightly in butter in a large heavy pan or Dutch oven. Cook on medium-low heat about 15 minutes. Add water to cover rolls and cook for an hour or so. Remainder of cabbage may be browned and added to the pot. Add 2 T whole allspice to cooking water, and thicken with 2 T flour. Serve with boiled potatoes.

Mrs. B.L. Cox

SWEDISH FILLED PANCAKES

Batter:

3 eggs, slightly beaten
1-1/3 C sifted flour
1/2 t salt
2 1/4 C milk
3/4 C cream
1/4 C melted margarine or
butter

Filling:

1 lb cooked shrimp or
crab meat
1/2 C heavy cream
1/4 C margarine or butter
2 T flour
1 T fresh dill
1/2 C milk
1 egg yolk, slightly
beaten
1/4 to 3/4 t salt
1 T lemon juice

Batter: Beat eggs slightly. Combine flour and salt and add, all at once, to eggs. Stir in milk and cream gradually. Beat mixture until well blended. Add melted butter.

Filling: Cut shrimp or crabmeat into small pieces, sprinkle with dill, and refrigerate. Melt butter in upper double boiler over low heat. Blend in flour. Gradually stir in cream and milk. Cook, stirring constantly, until thick. Remove from heat. Beat in egg yolk, salt, lemon juice, and shrimp.

To Make Pancakes: Cook, one at a time, in 6" pan. Heat pan medium hot and add small amount melted butter. Pour 3 T well-mixed batter into pan. Brown lightly, about 1 minute, each side. Remove from pan and spread about 1 T of filling in center. Roll up sides and place on oven-proof platter. Sprinkle with grated cheese, if desired, and dot with butter. Bake in hot oven at 425 degrees 10 to 12 minutes, or until cheese melts.

Serves 4 to 6 persons.

Mrs. B.L. Cox

“FINGER LICKIN’ ” GREEN PEAS IN THE POD
(Taken from an article about a Scandinavian meal)

Put 2 lb (or any amount desired – this serves 6) fresh green peas in pods in pressure cooker with $\frac{1}{4}$ C water, salt to taste, and $\frac{1}{2}$ t sugar. Bring pressure up and then cool right back down again. The peas should be cooked but not too soft.

Pile in a big bowl; give each person a bowl of melted butter and a plate for the pods and plenty of elbow room to reach the bowl placed in the middle of the table. You pick up a pea pod by the stem end, dunk it in the melted butter, pop it in your mouth and pull through your lips, threrby pulling out the peas and getting just a little of the pulp from the pod. This way you get the full essence and taste of the fresh peas.

We serve this as an appetizer at our house, by itself, and before the main meal. Even tired and old peas “come fresh” with this cooking method!

Eleanor Lightner

SANDBAKELSER
(Scandinavian Christmas Tarts)

- 1 C butter or margarine
- 1 C sugar
- 1 egg
- 1 t almond extract
- 3 C sifted enriched flour

Thoroughly cream butter and sugar; add egg and beat well. Add almond extract. Stir in flour. Pinch off a small ball of dough and place in center of Sandbakelser mold (tiny fluted tart pans). With thumb, press dough evenly and as thinly as possible over bottom and sides. Place molds on cookie sheet. Bake at 350 degrees about 12 minutes or until lightly browned. Cool slightly. To remove, invert molds and tap lightly. Clean molds with dry cloth. Makes 5 dozen.

May fill with preserves, pie filling, whipped cream or eat plain.

Barbara Hill

SWEDISH CHRISTMAS COOKIES

| | |
|-------------------------|------------------------------|
| ½ C butter or margarine | 1 T lemon juice |
| ¼ C sugar | 1 C flour |
| 1 egg, separated | 1 C finely chopped walnuts |
| 2 t vanilla | 25 candied cherries, halved, |
| 1 T grated orange rind | both red and green |

Cream butter or margarine and sugar until light and fluffy. Add egg yolk and beat well. Add vanilla, orange rind, lemon juice, and salt. Blend thoroughly. Add flour gradually, mixing in well. Chill dough for about 2 hours. Mold into small balls, dip in slightly beaten egg white, and roll in chopped nuts. Place a half cherry on top of each cookie. Arrange 1" apart on greased baking sheet. Bake at 325 degrees for about 20 minutes. Makes 50 small cookies.

Doris Willis

SWEDISH COOKIES

1 C shortening (part or all butter)
¾ C brown sugar
2 C flour
1 egg yolk
Flavoring

Cream butter and sugar. Add egg yolk, flour and flavoring. Roll dough into little balls and flatten with tines of fork dipped in egg white onto a greased pan. Bake 10-12 minutes in very slow oven.

Miss Carolina Norman

GLORIFIED RICE

The Norwegian custom is to serve this dessert on Christmas Eve.

2 C boiled rice 2 C whipped cream
2 C pineapple chunks ½ C sugar

Cool rice after boiling. Add pineapple and sugar to the rice and mix. Whip the cream and fold it into the rice and pineapple mixture. Chill. Serves 6-8.

Elizabeth Anthony

NORWEGIAN BUTTER COOKIES

| | |
|--|--|
| 1 C butter or $\frac{1}{2}$ C butter | $2\frac{1}{2}$ C sifted flour |
| and $\frac{1}{2}$ C vegetable shortening | $\frac{1}{3}$ t salt |
| 1 C powdered sugar | $\frac{3}{4}$ C thin sliced unblanched almonds |

Cream butter; add sugar and beat until very light. Add sifted dry ingredients gradually; mix well. Work in nuts. Chill overnight. Shape into $\frac{1}{2}$ " balls; place on lightly greased baking sheet. Bake at 350 degrees about 10 minutes. Yield: 50 cookies.

Barbara Rinker

DANISH PASTRY

Combine: 1 egg
 $3\frac{3}{4}$ C flour
 3 sticks butter
 $1\frac{1}{3}$ C sugar
 $\frac{1}{2}$ t vanilla or almond extract

Chill in refrigerator. Roll into balls on lightly greased cookie sheet. Place small amount of marmalade or preserves in center top. Bake at 350 degrees about 15-20 minutes.

The mother of a Danish student I had gave me this recipe.

Mrs. Robert Carlson

WHOLE WHEAT LOAVES

| | |
|-----------------------------|------------------------|
| 2 pkg yeast | 6 C whole wheat flour, |
| $2\frac{1}{2}$ C warm water | unsifted |
| $\frac{1}{2}$ C brown sugar | $1\frac{1}{2}$ t salt |
| 3 T vegetable oil | |

Dissolve yeast in warm water in a large bowl. Add brown sugar and oil; stir. Add flour and salt and knead for a few minutes. Add a little more flour if needed to make a smooth dough. Cover and let rise until the dough is doubled in size. Shape into two loaves and place in greased 5"x10" loaf pans. Let rise again until almost doubled in bulk. Bake at 350 degrees about 30 minutes.

Janice Northrop

NORTH AMERICA



ALASKA

SALMON HORS D'OEUVRE

Alaska salmon is canned and shipped everywhere. A delightful hors d'oeuvre is flaked salmon made into a paste by adding just barely enough egg (beaten) to hold the mashed cooked salmon together and wrapping this around a $\frac{1}{2}$ " cube of cheddar cheese. Roll the whole bit in cracker crumbs and broil a very few minutes, turning once. Serve hot on toothpicks.

MARINERS' SHRIMP

1 lb cooked peeled shrimp
 $\frac{1}{4}$ C salad oil
1 clove garlic

Crush and peel garlic. Place garlic in oil and let stand for $\frac{1}{2}$ hour. Remove garlic and add shrimp. Toss shrimp until coated with oil. Chill 2 hours or until serving time. Serve on cocktail toothpicks with cocktail sauce as a dip.

Jean Burand

SMOKED SALMON-CHEESE DIP

1 can (8 oz) smoked salmon (1 C flaked salmon)
 ½ lb very sharp cheese spread
 Mayonnaise or salad dressing
 Potato chips or crackers

Drain and flake salmon. Beat with rotary beater until salmon is light and fluffy. Add cheese and blend well. For sandwich spread, add mayonnaise until mixture has desired spreading consistency. For dip, more mayonnaise will be needed. Serve dip in a bowl surrounded with potato chips or crackers. Makes 1 pint.

Jean Burand

CABBAGE SALAD

Use 4 C finely chopped or sliced cabbage. Put the cabbage in a bowl and sprinkle a little salt over it.

Add 1 C raisins and mix lightly with a fork.

For dressing use: 1 t lemon juice
 2 T sugar
 2 T milk

Stir these together with a spoon and pour over the cabbage. Mix lightly again with a fork, then serve. Makes about 6 servings.

Note: You might like to try this dressing with other greens.

Jean Burand

SCALLOPED CLAMS (OR SEAFOOD)

| | |
|----------------------------------|--------------------------|
| 1 pt shucked clams (or oysters)* | ½ C butter or other fat, |
| 2 C cracker crumbs | melted |
| ½ t salt | ¼ t Worcestershire sauce |
| Dash pepper | 1 C clam liquor and milk |

Drain and chop clams, reserving liquor. Combine crumbs, seasonings, and fat. Sprinkle 1/3 of mixture in a well-greased casserole; cover with ½ of the clams. Repeat layers. Add Worcestershire sauce to liquid; pour over contents of casserole. Sprinkle remaining crumbs over top. Bake in a moderate oven, 375 degrees, 30 minutes, or until brown on top. Serves 6.

*2 C of flaked cooked fish may be substituted.

Jean Burand

SALMON NUGGETS

| | |
|------------------------------------|---|
| 1 can (1 lb) salmon | $\frac{1}{4}$ t each salt and celery salt |
| $\frac{1}{2}$ C mashed potato | Dash pepper |
| 1 T grated onion | 1 t Worcestershire sauce |
| 1 T butter or other fat, melted | 1 egg, well beaten |
| | $\frac{1}{4}$ lb sharp cheese |
| 1 C dry bread crumbs | |

Drain and flake salmon. Combine all ingredients except cheese and crumbs and mix thoroughly. Shape into balls the size of walnuts. Cut cheese into $\frac{3}{8}$ -inch cubes. Insert a cheese cube into the center of each fish ball and reshape. Roll in bread crumbs. Fry in deep fat, 375 degrees, 3 to 4 minutes, or until golden brown. Garnish and serve hot, plain or with a sauce. Serves 6.

Jean Burand

SALMON DOUGHNUTS

Prepare as for Alaska Salmon Nuggets, omitting cheese. Chill mixture for 1 hour. Roll out and cut with a doughnut cutter. Coat doughnuts with crumbs. Fry in deep fat, 375 degrees, 5 minutes or until golden brown. Drain on absorbent paper and serve plain or with a sauce. Makes 12 doughnuts.

Jean Burand

SALMONBURGERS

| | |
|-----------------------------|----------------------------------|
| 1 can (1 lb) salmon | $\frac{1}{3}$ C grated onion |
| 1 egg, beaten | $\frac{1}{2}$ C dry bread crumbs |
| $\frac{1}{4}$ t garlic salt | 6 large buns |
| $\frac{1}{4}$ t pepper | |

Drain and flake salmon. Combine all ingredients except crumbs and buns. Form into 6 flat cakes; roll in crumbs. Fry in fat in heavy frying pan at moderate heat until brown; turn carefully and brown other side. Cooking time is about 10 minutes. Serve in toasted buns. Makes 6 burgers.

Jean Burand

CLAMBURGERS

| | |
|---------------------------|----------------------|
| 1 can (7 oz) minced clams | ½ t salt |
| 1 egg, beaten | Dash pepper |
| 1 T lemon juice | ½ C dry bread crumbs |
| 1 T chopped parsley | 6 large buns |
| 1 T grated onion | |

Combine all ingredients except crumbs and buns. Form into 6 flat cakes; roll in crumbs. Fry in fat in heavy frying pan at moderate heat until brown; turn carefully and brown other side. Cooking time is about 10 minutes. Serve in toasted buns. Makes 6 burgers.

Jean Burand

CREAMED FISH

Add 2 C flaked (chunked) cooked fish to any of the variations of white sauce below. Serve on toast, buns, biscuits, or cooked rice.

Basic White Sauce

4 T margarine
 4 T flour
 2 C milk
 1 t salt
 1/8 t pepper

Melt the butter in a heavy pan. Stir in the flour. Gradually add the milk, stirring until the mixture thickens and boils. Cook about 2 or 3 minutes over low heat. Add salt and pepper. Makes about 2 C.

Variations

1. Add cut-up hard-cooked eggs
or
2. Add left-over cooked vegetables
or
3. Add ½ C grated cheese
or
4. Add 2 t chopped onion

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 University of Alaska

CRAB CHOW MEIN

| | |
|---|------------------------------------|
| 1 pt (two-7 oz cans) crab meat or combination of seafood | 2 T butter or other fat, melted |
| 1½ C chopped celery | 1 can (1 lb) bean sprouts |
| 1 medium green pepper, chopped | 1 can mushroom soup |
| 2 medium onions, chopped | 2 cans (5 oz) fried noodles |

Remove any shell or cartilage, being careful to keep crab in large pieces. Cook celery, green pepper, and onion in butter until tender. Add bean sprouts and crab; heat. Pour mushroom soup over top and simmer 10 minutes. Serve over noodles. Serves 6.

Jean Burand

FISH LOAF

Put: 2 C cooked fish in a bowl
Add: 3 C bread crumbs or corn flakes
2 C canned tomatoes
Salt and pepper
Enough milk to hold mixture together

Bake in pan or casserole at 350 degrees (moderate) oven for 45 minutes, or heat in covered double boiler on top of stove for an hour.

Mushrooms, eggs, celery, ketchup, garlic, and/or onions may or may not be mixed in. Serves 8.

FISHWICH

Use fish loaf mixture to spread on buttered bread or roll. Bake in hot oven (450 degrees) for 5 minutes. Top with cheese before baking if you wish. Serves 8.

FISHBURGER

Use fish loaf mixture. Shape into cakes or patties. Fry in small amount of fat. Turn once. Serve hot on buns or bread. Serves 8.

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SEAFOOD CROQUETTES

| | |
|---------------------------------|----------------------|
| 2 C flaked cooked seafood | 1 t salt |
| 1 C grated cheese | 2 T lemon juice |
| 2 eggs, well beaten | ½ C dry bread crumbs |
| 2 T butter or other fat, melted | |

Combine all ingredients except bread crumbs. Shape into 6 individual croquettes and roll in crumbs. Bake in a moderate oven, 350 degrees, 25 to 30 minutes, or until brown. Serve plain or with a sauce. Serves 6.

Jean Burand

RICE SALMON SUPPER

In a large sauce pan (one with a tight lid) put 2 1/3 C cold water, 1 C rice, 1 t salt. Bring to a boil, stirring a few times. Turn the heat to low and put the tight lid on the sauce pan. Cook about 25 minutes. Fluff up the rice with a fork.

In a fry pan melt 4 T margarine or butter. Add 1 onion, chopped; 4 stalks celery, chopped (if you have it). Cook over low heat until celery and onion are tender (about 5 minutes). Stir the onions and celery into the rice.

Add ½ C milk, 2 C cooked salmon, broken into chunks, and 1 T lemon juice. Reheat over low heat for about 10 minutes. Then serve. Serves about 6.

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TURNIP GREENS

Cut the tops off the turnips. Wash them carefully in clean water at least two times. Put the tops in a large kettle with a little water. Salt them to taste. Cook just long enough so the tops are wilted and tender. Watch that they do not boil dry.

If you have some bacon, it is good to chop some into fine pieces and fry it until it is crisp. Then pour the bacon and fat over the turnips and stir it lightly before serving.

Turnip greens are very good with fish. Wild greens can be fixed the same way.

Jean Burand

SCALLOPED TOMATOES

| | |
|-------------------------------|--------------------------------------|
| 1 large can tomatoes | Pepper to taste |
| $\frac{1}{4}$ C chopped onion | 1 t sugar |
| (or 2 T dry onion flakes) | 2 C soft bread crumbs |
| 1 t salt | 2 T cooking fat or margarine, melted |

Mix together the tomatoes, onions, and seasonings. Put half the tomato mixture in a baking dish; put one cup of the bread crumbs over the tomatoes. Put in the rest of the tomatoes, then the rest of the bread crumbs on top. Sprinkle the melted fat over the top of the crumbs. Bake 20 to 30 minutes in a moderate oven (375 degrees). This dish makes 6 servings.

Note: Break the bread into chunks about 1 inch in size.

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SHRIMP-STUFFED BAKED POTATOES

| | |
|--------------------------|--|
| 2 cans (6½ oz) shrimp | 1½ T grated onion |
| 6 medium baking potatoes | $\frac{1}{2}$ C chopped parsley (or finely chopped celery) |
| 1 T butter or margarine | $\frac{3}{4}$ to 1 C milk |
| 1½ t salt | $\frac{3}{4}$ C grated cheese |
| Dash pepper | |

Drain shrimp. Bake potatoes in a hot oven, 425 degrees, for 45 to 60 minutes, or until soft. Cut a slice off top of each potato; scoop out insides. Mash potatoes using butter, seasonings, parsley, and milk; blend well. Fold in shrimp and stuff potato shells. Sprinkle cheese over top. Bake in a hot oven, 400 degrees, until potatoes are reheated and cheese has melted. Serves 6.

Note: To avoid last-minute hurry, prepare and stuff potatoes but do not reheat until approximately 15 minutes before serving time.

Jean Burand

BLUEBERRY POCKETS

| | |
|-------------------------------|-------------------------------|
| 1 C blueberries | 1/8 t allspice |
| 3 T sugar | 1/3 C shortening |
| 1 3/4 C sifted enriched flour | 1 C bite-sized shredded wheat |
| 3/4 t salt | biscuits crushed to 1/2 C |
| 2 1/2 t baking powder | 1 1/2 t grated lemon peel |
| 3/8 t cinnamon | 2/3 C milk |

Heat oven to 450 degrees. Butter 12 muffin cups. Combine blueberries and 2 T sugar. Let stand. Sift together flour, 1 T sugar, salt, baking powder, cinnamon, and allspice. Mix in shortening until uniform. Stir in cereal crumbs and lemon peel. Add milk. Stir until mixture holds together. Knead lightly ten times on floured board. Roll or pat 1/4-inch thick. Cut into 3-inch squares. Place dough squares in muffin cups. Fill with a heaping tablespoon of berries. Bring corners together. Press edges together lightly, letting biscuits gently fill the cups. Bake 20 minutes or until brown and bubbly. Yield: 12 pockets.

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BLUEBERRY BAVARIAN CREAM

- 2 pkg red gelatine dessert (raspberry, strawberry, cherry, etc.)
- 2 C boiling water
- 1 No. 2 can crushed pineapple, drained
- 1 C blueberries
- 1 C whipping cream (chilled evaporated milk or Dream Whip will do)
- 1/2 C nuts

Mix gelatin and boiling water; cool to thicken. Add pineapple and berries. Whip cream (or milk). Fold in nuts and whipped cream. Chill to firmness. Serves a crowd.

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DRIED FRUIT CANDY

Put these fruits through a meat grinder:

- 1 C raisins
- 1 C dried prunes (pits removed)
- 1 C dried apricots

Run a few crackers through the grinder after the fruit. They will clean the grinder so any fruit sticking to it won't be wasted, and the crackers can just be added to the candy.

Now, mix the ground dried fruit together. Make small balls of it with your hands. Roll the balls in powdered sugar so they won't be sticky. Lay them on waxed paper to get firm.

Note: You can also roll this candy in cocoanut flakes.

Lois Ward

CANADA

HABITANT PEA SOUP

- | | |
|--------------------------|--------------------------|
| 2 C dried yellow peas | ½ C minced celery |
| 3 C water | 2 C chopped carrots |
| ½ lb salt pork, blanched | ¼ C minced parsley |
| and minced | Salt and pepper to taste |
| 1 onion, minced | ½ t ground allspice |

Pick over peas and soak overnight or according to package directions. Boil for 10 minutes in water to cover. Drain and discard water. Place peas in deep kettle. Add cold water, salt pork, vegetables, and seasonings. Simmer, covered, over lowest possible heat for 2 to 3 hours. Makes 6 to 8 servings.

Gabrielle Roy

TOURTIERE NO. 1
(Pork Pie)

1 lb lean pork, ground
1 t salt
 $\frac{1}{4}$ t pepper
 $\frac{1}{4}$ t ground nutmeg
 $\frac{1}{4}$ t ground mace
2 t cornstarch
1 C water
Pastry for two 8" pie crusts, unbaked

Combine all ingredients except pastry. Blend thoroughly. Simmer, covered, for thirty minutes, stirring frequently. Roll out pastry, and use half to line an ungreased 8" pie pan. Pour meat mixture into pan. Cover pie with remaining pastry and seal edges of crust with water. Prick top crust with fork to allow steam to escape during cooking. Bake in a pre-heated 425-degree oven for 10 minutes. Reduce heat to 350 degrees and bake for 35 minutes longer. Makes 6 servings.

Gabrielle Roy

TOURTIERE NO. II

3 lbs minced pork or roast beef
1 large piece of onion
 $\frac{1}{2}$ C bread crumbs
1 t powdered cloves
1 t salt

Cover mixture with water and cook for 30 minutes, stirring occasionally. Add more water if necessary so that some will be left with the meat.

Cool mixture; then put into pie crust and cover with a top crust as you would a fruit pie. Slit the top crust to allow steam to escape.

Bake in 400-degree oven. This is enough for two pies. Good when served with scalloped potatoes and fresh peas. This is a French Canadian dish served often on Christmas Eve or New Year's Eve.

Eleanor Anderson

SQUASH CASSEROLE

3 C squash, freshly-cooked or canned
10-oz can cream of chicken soup
 $\frac{3}{4}$ C sour cream
1 onion, small
1 pkg turkey stuffing

Mix all ingredients, except bread crumbs. Into a buttered casserole place a layer of bread crumbs. Pour the mixture over the crumbs and cover with another layer of crumbs. Bake at 350 degrees for about 45 minutes.

Margaret Beshears

CUCUMBER SALMON SALAD PIE

| | |
|--|--|
| 1 (16-oz) can salmon | $\frac{1}{4}$ t onion salt |
| 4 t plain gelatine | Few dashes Tabasco |
| 1 (10-oz) can cream- vegetable or celery soup | 1 C diced, peeled and seeded cucumber |
| $\frac{1}{2}$ C mayonnaise or salad dressing | $\frac{1}{2}$ to 1 C diced celery |
| 2 T ketchup | 2 T chopped parsley |
| 2 T lemon juice | Cheese Crumb Crust |

Drain the salmon juice into a measuring cup and add water if necessary to make $\frac{2}{3}$ C. Stir in gelatine and heat over boiling water until gelatine dissolves. Remove from heat. Combine the next six ingredients. Stir in the gelatine, then vegetables, parsley and flaked salmon. Taste for seasoning. Add salt, pepper and more lemon juice if you wish. Scrape into cheese crust and chill. Garnish with thin cucumber and hard-cooked egg slices. Serve in wedges with spinach or endive salad and pickled beets. Makes 6 or 7 servings.

Cheese Crumb Crust

Prepare $1\frac{1}{4}$ C cheese-cracker crumbs and stir in 4 or 5 T melted margarine. Press mixture into bottom and sides of a deep 9" pie plate. Chill before filling.

NOTE: For economy, use one 8 oz can of salmon.

Preparation time: 25 minutes. Calories per serving: 350.

Melba S. Avent

APRICOT MALLOW NUGGETS

- 1 pkg (8 oz) dried apricots, minced
- $\frac{3}{4}$ C sweetened condensed milk
- Almond extract
- 1 C small marshmallows snipped in half
- 1 C crushed cereal flakes and coconut

Combine apricots, milk, marshmallows, cereal, and coconut. Mix with wet fingers to evenly distribute. Roll in 1" balls. Dredge with nuts.

Melba Avent

CANADIAN RUM CAKE

- | | |
|--------------------------------------|---|
| 1 lb dates, pitted | 1 C boiling water |
| 1 lb walnut meats | 3 eggs, well beaten |
| $\frac{3}{4}$ C butter | $2\frac{1}{4}$ C sifted all-purpose flour |
| $1\frac{1}{2}$ C firmly packed light | $\frac{3}{4}$ t salt |
| brown sugar | 2 T rum |
| 1 t baking powder | Rum glaze (optional) |

Chop dates and walnuts. Cream butter and sugar until well blended. Add dates and nuts. Mix soda with water and pour over first mixture. Add eggs. Stir in flour and salt, beating until smooth. Add rum and blend well. Turn into greased pan (13" x 9" x 2") and bake in preheated oven (300 degrees) for $1\frac{1}{2}$ hours. Cool in pan on wire rack for 10 minutes, then remove from pan. Cake may be frosted with Rum Glaze. Makes 10 to 12 servings.

Rum Glaze

Mix $\frac{1}{4}$ C confectionery sugar, 2 t sugar, 1 T granulated sugar, and 1 T rum. Frost cake while it is still warm.

Gabrielle Roy

PAN AMERICAN SOUFFLE

(Serve: 30 people)

| | |
|-------------------------------|--------------------------------|
| 18 lady fingers OR | 6 eggs, separated |
| fingers of sponge cake | $\frac{1}{4}$ C sugar |
| 2 envelopes plain gelatin | 2 t vanilla |
| $\frac{1}{4}$ C cold water | $\frac{1}{2}$ t salt |
| 8 squares semisweet | $\frac{1}{4}$ C coffee liqueur |
| chocolate | 1 pt whipping cream |
| $2\frac{1}{2}$ C cereal cream | $\frac{1}{4}$ C sugar |

This dessert is just as delicious made the day ahead. Butter the inside of a 7" or 8" souffle dish. Line closely with upright lady fingers. Tie a collar of greased parchment or double-thickness wax paper around the outside, rising 3" above the rim. Soften gelatine in the cold water. Melt chocolate in top of a double boiler and add cereal cream. Stir occasionally until hot and smoothly blended. Stir in a mixture of the egg yolks and sugar.

Turn heat low and stir until the chocolate custard is thick and smooth. Remove from heat and add vanilla, salt, liqueur, and softened gelatine. Stir until gelatine dissolves. Pour into a flat pan and set in the freezer. Stir occasionally until mixture begins to thicken to consistency of a thick white sauce. (If mixture is lumpy, melt over hot water and start chilling again; if only slightly lumpy, beat smooth.) Fold in the stiffly beaten whipped cream. Beat egg whites until stiff but glossy, and beat in the $\frac{1}{4}$ C sugar. Fold chocolate cream into whites and pour into the souffle dish. Chill two or three hours. Garnish with whipped-cream roses and slivered almonds. Remove collar and serve with Toasted Almond Sauce. Serves 10 to 12.

Coffee Liqueur Substitute

Dissolve 1 T demitasse or 2 T regular instant coffee in $\frac{1}{4}$ C boiling water and increase sugar added with egg yolks to $\frac{1}{2}$ C.

Toasted Almond Sauce

Saute $\frac{1}{2}$ C slivered blanched almonds in $\frac{1}{2}$ C butter, using the top part of a double boiler. Be careful the butter doesn't burn. Stir in $\frac{3}{4}$ C dark-brown sugar. Set the pan over hot water. Add 1 C light cream and a pinch of salt. Heat and stir until sugar melts, then add 2 slightly beaten egg yolks mixed with 2 T brandy. Stir until thickened, turn heat low and keep hot until serving time. Pour into sauce dish and flame by warming 2 T good brandy, pouring it over sauce and setting alight. Sauce is also good icy cold. Just dilute with 1 or 2 T cream.

Melba Avent

DELIGHT FANTASTIC

Dissolve one 3-oz pkg lime-flavored gelatin and one 3-oz pkg raspberry-flavored gelatin, using $1\frac{1}{2}$ C boiling water for each. Pour each into an 8" square pan. Chill overnight. Cut in cubes.

Dissolve 1 3-oz pkg lemon-flavored gelatin, using 1 C boiling water. Cool while you soften 1 8-oz pkg Philadelphia cream cheese. Add gelatin mixture, gradually blending until smooth. Chill until slightly thickened.

Fold in cubed gelatin and 2 to 3 C Kraft miniature marshmallows. Pour into 9" spring form pan lined with two 3-oz pkgs of split ladyfingers. Chill until firm. Serves 10 to 12.

Melba Avent

WHOLE WHEAT LOAF

| | |
|-------------------------------------|----------------|
| 3 C whole wheat flour | 1 t soda |
| 1 C minus 2 T sugar | 2 C buttermilk |
| 1 t salt | 1 C raisins |
| 1 C chopped nuts (walnuts are good) | |

Put in greased loaf pan. Bake at 325 degrees for 50 minutes. Delicious served hot with butter.

Sue P. Ryan

OLD SALEM

LOVE FEAST COFFEE

1 lb coffee
1 $\frac{1}{4}$ lb sugar
9 qt water
1/3 gal whole milk and half-and-half

Get water boiling hot. Put grounds loosely in a bag and leave in boiling water 15 minutes. Take out bag and add sugar and milk just before taking from stove.

Elsie Minor

PUMPKIN SOUP

5 C chicken stock (strong)
½ C chopped onions
¾ C chopped scallions
1 No. 2½ can pumpkin
1 pt half-and-half cream
Dash of cayenne pepper
Salt to taste
1 t lemon pepper

Bring the chicken stock to a boil and add onions and scallions. Simmer until tender. Add pumpkin and seasonings and whirl in a blender. Add half-and-half, reheat and simmer for fifteen minutes. Serve garnished with whipping cream and mixed green part of scallion sprinkled on top.

Old Salem Tavern

CABBAGE SALAD

1 large head cabbage
1 large green pepper
½ large onion
Grate the cabbage, pepper
and onions

Dressing

5 T sugar ½ t salt
¾ C vinegar 2 t celery seed
¾ C oil

Bring the above ingredients to a boil and remove from stove. Cool and mix with the grated vegetables. Chill well and serve on lettuce leaves.

Old Salem Tavern

MUSHROOMS STUFFED WITH CRABMEAT

1 lb King crabmeat
 3 C fresh bread crumbs
 $\frac{3}{4}$ C green onions
 $\frac{3}{4}$ C chopped mushroom stems
 $\frac{1}{4}$ lb butter
 $\frac{1}{4}$ C olive oil
 White wine as needed
 Salt and pepper to taste
 Chicken broth as needed
 Mushroom caps

Saute onions and mushroom stems in butter. Chop crabmeat and mix with the sauted onions and mushrooms and olive oil. Season and stuff mushroom caps with the crab mixture and arrange in a shallow pan. Mix chicken broth and wine and pour into the pan almost to the tops of the mushroom caps. Poach in a 350-degree oven for approximately 20 minutes. Serve on toast.

Old Salem Tavern

FRUIT COCKTAIL CAKE

| | |
|--------------------|-----------|
| 1½ C sugar | 2 C flour |
| 2 C fruit cocktail | ½ t salt |
| 2 eggs | ½ t soda |

Mix and pour into greased loaf pan or round tube cake pan. Sprinkle with ½ C brown sugar and ½ C chopped pecans. Bake at 350 degrees about 40 minutes.

Icing

$\frac{3}{4}$ C sugar
 $\frac{1}{2}$ C Pet milk
 $\frac{1}{2}$ C butter or margarine (one stick)

Boil 4 minutes and add 1 t vanilla. Pour over cake while hot.

Barbara Rinker

ORANGE GUSTAV

| | |
|-----------------|-------------------------------|
| 4 whole oranges | 1 pkg frozen strawberries |
| 3 C sugar | Whipping cream as needed |
| 3 C water | Crystallized ginger as needed |

Cut oranges in half crosswise. Remove seeds and core. Make a syrup of the sugar and water, and cook oranges in syrup until easily pierced with a fork. Cool and store in the syrup. Drain strawberries and thicken the juice with a little cornstarch.

To serve, fill the cavity in the oranges with the strawberries. Top with whipped cream and a liberal sprinkling of crystallized ginger.

Old Salem Tavern

MORAVIAN SUGAR CAKE

| | |
|---|--|
| 1 yeast cake or one pkg of "dry yeast" | $\frac{1}{2}$ C margarine |
| $\frac{1}{4}$ C of lukewarm water | 1 C white sugar |
| about 90 degrees | 2 t salt |
| 2 C of scalded milk (luke warm) | 1 t vanilla |
| $2\frac{3}{4}$ C flour | $2\frac{3}{4}$ C flour |
| 1 egg well beaten | $\frac{1}{2}$ C melted margarine |
| | 4 T brown sugar mixed with 1 t cinnamon |

When the milk is luke warm add yeast, which has been dissolved in warm water. Then add $2\frac{3}{4}$ C of flour. Cover and let rise until light. Add egg, $\frac{1}{2}$ C margarine, sugar, salt, vanilla, and remaining $2\frac{3}{4}$ C flour. Turn into a buttered pan (11" x 8") and spread evenly. Cover with a cloth and let rise until light. Brush with $\frac{1}{2}$ C margarine. Push dents into dough. Put a bit of butter and brown sugar in each dent. Sprinkle the remaining sugar mixture over the entire cake. Bake 35 minutes at 350 degrees.

Paul Jones (Jones Bakery)
1004-6 S. Marshall Street

SOUTHERN

CHEESE SOUFFLE

Good breakfast dish; never fails!

- 4 slices buttered bread
(cut in small pieces)
- 3 whole eggs beaten light
- 2 C milk
- 2 C grated cheese ($\frac{1}{2}$ lb)
- $\frac{1}{2}$ t salt

Place bread in baking dish; pour eggs, milk, and cheese over the bread. Let stand 20 minutes or put in refrigerator overnight. Place baking pan in a larger pan of water. Bake 30-40 minutes at 350 degrees. You may add 1 C ham, green peas, or shrimp to the dish for variety.

Melba S. Avent

ANNIE MAE'S MACARONI PIE (Cheese and Macaroni)

Cook: 1 C elbow macaroni until tender. Drain.

Mix in bowl: 2 whole eggs
 2 T all-purpose flour, mixed with warm water
 to form a thin paste

Add to mixture: 1 $\frac{1}{2}$ C grated cheese (sharp preferable)

Add: Cooked macaroni, $\frac{1}{4}$ stick butter (cut into small pieces), and 1 C cold milk. Mix all ingredients together well. Add more milk if necessary to keep mixture thin. Dot with butter and sprinkle with black pepper. Bake in buttered casserole in 400-degree oven until brown. This is a soft and fluffy casserole; don't expect it to become firm. It is better if made the day before serving. Extra milk may be added, if mixture becomes too firm after refrigeration.

Merial B. Holland

CHICKEN BROCCOLI CASSEROLE (From Pet Milk)

Shallow individual casseroles, OR Square baking dish, 9-inch
4 servings

Preheated broiler

- 2 boned chicken breasts, halved
- 1 lb fresh broccoli, OR
- 1 pkg (10 oz) frozen broccoli spears
- $\frac{1}{4}$ C ($\frac{1}{2}$ stick) butter
- $\frac{1}{4}$ C regular all-purpose
- $\frac{1}{2}$ t salt
- 2 C fresh milk
- 1 C (4 oz) shredded Cheddar cheese
- 2 T grated Parmesan cheese

Cook chicken and broccoli; keep warm. Meanwhile, in saucepan melt butter; blend in flour and salt. Remove from heat and gradually add milk; return to heat and cook, stirring constantly, until mixture thickens and loses starchy taste. Remove from heat; add Cheddar cheese and stir until cheese melts. Place broccoli in casserole; place chicken breast on top; pour cheese sauce over all. Sprinkle with Parmesan cheese; place under broiler until well browned.

Mrs. W.B. Bowman

BOILED SHRIMP

(An almost odorless way to cook shrimp — not that old telltale odor all through the house!)

- | | |
|-------------------------------|--------------------------------------|
| 2 bay leaves | 1 pinch basil |
| $\frac{1}{4}$ t tabasco sauce | 1 pinch thyme |
| 6 whole cloves | $\frac{1}{2}$ clove garlic (or heavy |
| 2 coarsely chopped celery | sprinkle of garlic salt) |
| stalks (single stalks, not | Salt to taste |
| bunches) | |

Bring to boil. Add shrimp. Cook 12 minutes after water starts to boil again.

Susanne Black

GOVERNOR BYRNES' SHRIMP PIE

Soak: 3 slices white bread in
 1 C milk and mash well

Add: 2 C cooked shrimp (shelled and deveined)
 2 T butter, melted
 3 whole eggs, well beaten
 1 to 2 T chopped green pepper
 $\frac{3}{4}$ C celery
 Salt and pepper to taste

Mix well. Pour into buttered casserole. Bake at 375 degrees for 20 minutes.

Dot Brown

DEVILED CRAB

| | |
|----------------------------------|--------------------------------------|
| 1 can crabmeat, broken up fine | 6 to 8 drops Tabasco sauce |
| 1 medium onion, minced | 1 slice toast, buttered and |
| pieces and some juice | crumbled fine |
| Dash garlic salt | $\frac{1}{2}$ t Worcestershire sauce |
| 2 whole eggs, beaten well | Salt and pepper to taste |
| $\frac{1}{2}$ t prepared mustard | |

Put in shells or ramekins. Dot with butter. Sprinkle with paprika. Bake at 375 degrees until delicately brown.

Thelma C. Jordan

CRAB CAKES

| | |
|----------------|--------------------------|
| 1 lb crab meat | 1 t prepared mustard |
| 1 egg | 1 t chopped parsley |
| 2 T mayonnaise | Salt and pepper |
| 2 T flour | 1 t Worcestershire sauce |

Mix all together. Drop from spoon in hot fat, turn once. Cook rather quickly until nicely browned on both sides.

Betty Schilpp

OYSTER CASSEROLE

3 dozen oyster, drained
2/3 C chopped parsley
2/3 C chopped green onions
1 C cracker crumbs, rolled fine
1 stick butter, melted
Juice of 1 lemon
½ t dry mustard
2 t Worcestershire sauce (or Tabasco)

Place drained oysters in shallow Pyrex dish. Sprinkle with parsley, green onions, and cracker crumbs. Melt butter and combine with other ingredients and pour over crumbs. Bake at 450 degrees about 10-15 minutes. (Only until oysters curl). Serves 4-6.

Note: For variety, lump crabmeat can be added to this recipe.

Mrs. James Crowe

SQUASH CASSEROLE

Cook squash in salted water until tender. Onion may be cooked with squash or onion salt may be added as casserole is prepared.

Butter casserole dish and place a layer of Ritz crackers over bottom of dish; spoon a layer of squash over crackers, dot with butter, and cover with grated cheese. Add layers of cracker crumbs, squash, butter, and cheese to fill casserole dish. Add enough to moisten.

Bake in 350 degree oven for 20 minutes or until cheese begins to brown.

Celeste Avent

ASPARAGUS CASSEROLE

Use Squash Casserole recipe, omitting onion, and substituting canned asparagus for squash. Add a can of mushroom soup before topping with grated cheese.

Merial B. Holland

FRIED CUCUMBERS

2 or 3 overlarge cucumbers
1 qt salt water (salty, but not briny)
 $\frac{1}{2}$ C corn meal
Oil or shortening for frying

Choose large cucumbers, as large as possible if seeds are not hardening. Peel, and cut lengthwise in slices $\frac{1}{8}$ " to $\frac{1}{4}$ " thick. Soak cucumber slices in salt water for 1 hour or more. Coat thoroughly with corn meal, and fry until tender. Serve at once.

Blanche Zimmerman

RICE PILAFF

Wash $1\frac{1}{2}$ C rice and dry well on cloth or paper towels. In a heavy skillet or casserole with tight cover (one which can be used both on top of stove and in oven), melt $\frac{1}{4}$ C butter. Add the rice and cook, stirring occasionally, until butter begins to bubble. Pour in 3 C well-seasoned broth, add salt and pepper if needed, cover, and bake in moderately hot oven (400 degrees) for 30 minutes. Remove, stir well, and put back to bake 10 minutes longer. Serves 6.

Betty Schilpp

RICE

1 C unwashed rice in top of double boiler
 $1\frac{1}{4}$ C water
Salt to taste

Let cook 1 hour — just slightly boil. Leave lid on; never open until ready to serve. If you want supper 30 minutes late, take off heat and reheat later, but do not open the lid until ready to serve.

Mrs. C.A. Sinquefield

SNOW BALLS

- | | |
|------------------------------------|-------------------|
| 2/3 C sugar | ½ C nuts, chopped |
| 1/3 stick margarine | 60 Butter Cookies |
| 1 No. 2 can crushed pineapple | 2 pkgs dream whip |
| ¾ C raisins, cut into small pieces | |

In sauce pan, melt margarine, add sugar, pineapple, raisins and nuts. Bring to boil and cook approximately 5 minutes on medium heat. Chill. Place cookies on aluminum foil — spread mixture on cookies. Alternate layers of cookies and filling until the stack contains 4 cookies and 3 layers of filling. Let stand at room temperature one to two hours. Chill in refrigerator an hour or more. Prepare dream whip according to package directions. Ice the dessert with dream whip and return to refrigerator.

May add coloring to dream whip, if desired. Makes approximately 14 snow balls.

Mary Routh

MOLASSES CAKE

(A very old Colonial recipe)

- | | |
|-----------------------|-------------------|
| 1 C butter (2 sticks) | (optional) |
| 1 C sugar | 1 t ginger |
| 3 eggs | 1 t cinnamon |
| 1 C molasses | ¼ t ground cloves |
| 1 C milk | ¼ t nutmeg |
| 3 C flour | |
| 1 t baking soda | |

Cream butter and sugar; beat in eggs one at a time. Add soda to the molasses. Sift the flour. Add alternately milk and molasses and flour to butter and sugar and egg mixture. The optional spices should be added with the flour. Bake in a tube cake pan 45 minutes in 350-degree oven.

Use any icing. This may be used for children's parties and decorated in many ways. A great favorite with my son's friends with chocolate or caramel icing.

Melba S. Avent

COLA CAKE

| | |
|--------------------------------|----------------|
| 2 C flour | 1 C cola |
| 2 C sugar | ½ C buttermilk |
| ½ C butter | 1 t soda |
| ½ C Crisco oil | 1 t vanilla |
| 3 T cocoa | 2 eggs |
| 1½ C marshmallows (small ones) | |

Mix sugar and flour together. In a sauce pan mix together butter, oil, and cocoa and bring to a boil. Add cola to first mixture. Then add buttermilk, soda, vanilla, and eggs. Then combine the two mixtures and blend. Add the marshmallows after blending cake batter. Cook in bundt pan for 45 minutes at 350 degrees. Grease and flour pan well.

Topping

| | |
|------------|-------------------------|
| ¼ C oleo | ½ to ¾ C powdered sugar |
| 1½ T cocoa | ½ t vanilla |
| 3 T cola | Add nuts if desired |

Mix and bring to a boil.

Joyce Neely

SECRET KISS COOKIES

| | |
|------------------------------|-----------------------------|
| 1 C soft butter | 1 C finely chopped walnuts |
| ½ C sugar | 1 pkg (5¾ oz) Hershey Choc. |
| 1 t vanilla | Kisses |
| 2 C sifted all-purpose flour | Confectionery sugar |

Beat butter, sugar, and vanilla at medium speed until light and fluffy. Add flour and nuts. Beat on low speed until well blended. Chill dough, unwrap Kisses. Using 1 T of dough, shape it around a Kiss and roll gently to form a ball covering Kiss completely. Place on ungreased cookie sheet and bake at 375 degrees 12 minutes. While warm, roll in sugar. Cool and serve.

Ola Harbison

HOLLY COOKIES

(A very decorative and colorful cookie)

| | |
|---------------------------|-------------------------|
| 1/3 C margarine or butter | 1 t green cake coloring |
| 16 large marshmallows | 2½ C large cornflakes |
| 1 t vanilla | Cinnamon dots |

Melt and blend first four ingredients in top of double boiler. Pour over 2½ C large cornflakes. Mix with fork lightly until coated. Drop by teaspoons on waxed paper, adding cinnamon dots for the berries.

Mrs. T. Walker

WHITE CHOCOLATE CAKE

| | |
|-------------------------|--------------------|
| ¼ lb white chocolate | 2½ C cake flour |
| ½ C boiling water | 1 t baking soda |
| 1 C butter or margarine | 1 C buttermilk |
| 2 C sugar | 4 egg whites |
| 4 egg yolks | 1 C chopped pecans |
| 1 t vanilla | 1 C flaked coconut |

Melt chocolate in ½ C boiling water. Set aside to cool. Cream together butter or margarine and sugar until mixture is fluffy. Mix in egg yolks, one at a time, beating well after each addition. Add melted chocolate and vanilla. Sift together cake flour and soda and add to creamed mixture with buttermilk; do not over-mix at this point. Beat egg whites until stiff and fold in. Gently stir in pecans and coconut. Pour into 3 greased and floured 9" layer cake pans. Bake in a 350-degree oven for 20 minutes or until cake tests done. Turn out; cool and frost as desired.

Frosting

Mix together 1 small can evaporated milk, 1 C sugar, and 4 T butter or margarine. Bring to a boil, stirring constantly. Have ready 3 slightly beaten egg yolks; blend into cooked mixture. Add 1 t vanilla and cook, stirring, over low heat until thick — about 15 minutes. Remove from heat and add 1 can flaked coconut and 1 to 1½ C chopped pecans; beat until fluffy and of a consistency to spread.

Beth Tartan

NUT BREAD CAKE

Mix together: $\frac{1}{2}$ C sugar
 $\frac{1}{2}$ t salt
 $2\frac{1}{4}$ C plain flour
 4 t baking powder
 $\frac{1}{2}$ C chopped nuts

Beat together: 1 C milk
 1 egg

Add milk and egg mixture to dry ingredients. Pour into buttered bread pan and let rise for 20 minutes. Bake at 350 degrees for 45 to 60 minutes.

Mrs. John Geist

SONKERS

| | |
|-------------------------------|-----------------------------------|
| $1\frac{3}{4}$ C sifted flour | 3 C prepared fruit (berries, |
| 4 t baking powder | peaches, apples, or sweet |
| $1\frac{1}{2}$ t salt | potatoes, sliced) |
| 1 T sugar | 2 C sugar |
| 4 T shortening (butter | $\frac{1}{2}$ C milk |
| or lard) | $\frac{1}{2}$ t nutmeg (for sweet |
| $\frac{3}{4}$ C milk | potatoes only) |

Sift together dry ingredients. Blend in shortening. Add $\frac{3}{4}$ C milk to make soft dough that can be rolled.

Line sides of deep baking dish with dough rolled about $\frac{1}{2}$ " thick. Do not put dough on bottom. Cover bottom of dish with prepared fruit or potatoes. Sprinkle with $\frac{1}{4}$ C sugar. Cover with thin layer of rolled dough. Add another layer of fruit, sugar, and dough until dish is $\frac{3}{4}$ full, ending with layer of dough. Make slits in top layer for steam to escape during cooking. Place in pre-heated oven (350 degrees), and cook for 45 minutes. Remove from oven and through the slit in the top pour the $\frac{1}{2}$ C of milk. Return to oven and cook 15 minutes longer.

When making this recipe with sweet potatoes or other non-juicy fruits, one cup of water should be added before cooking.

Ruby Groce

BREAD PUDDING

| | |
|-----------------------|--------------------------|
| 2 t vanilla flavoring | 2 C milk |
| 2 T sugar | 4 to 6 slices bread |
| 2 eggs | <i>12 oz apricot jam</i> |

Butter each slice of bread on top side only and smear apricot jam over the butter. Mix eggs, vanilla, and sugar, then add milk. Place bread slices side-by-side in bottom of greased baking pan. Cover with mixture. Place baking pan in another pan of water and bake in 400-degree oven for about 30 minutes.

Edna Bryan

FRUIT THAIS

In a baking dish place a layer of mixed fruit (canned or fresh: bananas, black bing cherries, dark plums, peaches, etc.)

Sprinkle with brown sugar and pieces of butter and slivered almonds. Repeat process. Over the top spread generous amount of broken macaroons and pour over $\frac{3}{4}$ C sherry. Bake 20-30 minutes in hot oven. Serve warm or hot.

Winnie Pannell

SANDHILL PEACH PIE DESSERT

3 egg whites
Dash of salt
 $\frac{3}{4}$ C sugar
1 C toasted flaked coconut
 $\frac{1}{3}$ C chopped toasted blanched almonds
 $2\frac{1}{2}$ to 3 C drained thinly sliced peaches (sweeten if fresh)

Beat egg whites and salt until foamy; gradually add sugar, beating to soft peaks. Fold in toasted coconut and chopped almonds. Spread in well-buttered 9" pie plate; build up sides. Bake in 350-degree oven about 30 minutes or until browned and dry along the edge. Cool. At serving time, cool meringue crust with drained peaches. Top with whipped cream and $\frac{1}{4}$ C toasted flaked coconut. Other fruits such as strawberries may be substituted, if desired.

York Kiker

PEACH CONSERVE

12 ripe peaches, peeled and sliced
 2 oranges, ground, peel and all
 4 slices canned pineapple, sliced

Measure above fruit. Add equal number C of sugar. Cook slowly in heavy saucepan until quite thick.

Mrs. John Geist

FRESH PEACH ICE CREAM

(Use a churn-type freezer — either hand-operated or electric)

1½ qt fresh peaches (including juice) that have been peeled and mashed

1 t vanilla extract

2 T lemon juice (fresh)

Sugar to taste (mixture should be sweeter than wanted after ice cream has been frozen)

Whole milk to fill freezer container to appropriate mark for 4 qt

Freeze according to manufacturer's directions for use of freezer.

Meriel B. Holland

SPOON BREAD NO. I

| | |
|--------------------------------|-------------------|
| 1 C white waterground cornmeal | 1 t salt |
| 1 C boiling water | 1 T sugar |
| 1 C milk | ¼ C flour |
| 3 T butter, melted | 4 t baking powder |
| 2 eggs | |

Stir into cornmeal boiling water, hot milk, and butter. When well mixed, add salt, sugar, and yolks of eggs which have been slightly beaten. Combine flour and baking powder and add to above. Fold in stiffly beaten whites. Mix quickly so that the batter does not cool. Pour into deep buttered casserole and bake in 350-degree oven for about 35 minutes until bread is firm and nicely browned. Serve hot from dish.

Betty Schilpp

SPOON BREAD NO. II

- | | |
|-----------------------|---------------------------|
| 1 C corn meal (white) | 1 heaping T Wesson oil |
| 1 C boiling water | 1 egg |
| ½ t salt | 1 heaping t baking powder |
| 2 C sweet milk | |

Pour boiling water over the meal; add oil, egg, milk, and salt; beat hard for a minute, then add baking powder. Bake at 450 degrees for 15 minutes. This is a lower cholesterol content than most spoon breads, but it tastes great!

Melba Avent

POTATO BISCUITS

- | | |
|--|---------------------------|
| ½ large sweet potato (baked and cold) | 1 scant t baking powder |
| 2 t sugar | ½ C Bisquick |
| ½ t salt | Few drops milk, if needed |

Mash potatoes with fork. Add other ingredients, except milk. If dough seems too stiff, add a few drops of milk. This will not be necessary if the potato is moist. Roll out and cut with biscuit cutter or glass dipped in flour, or make into balls and flatten with hands. Bake in 425-degree oven 20 minutes. Makes 6 large biscuits.

Julia Rumph

CHEESE KRISPIES

- | | |
|------------------------------|------------------------|
| 2 sticks margarine or butter | 2 C flour |
| ½ t salt | Dash of Cayenne pepper |
| ½ lb sharp cheddar cheese | 2 C Rice Krispies |

Soften margarine, add cheese and mix well. Add other ingredients and mix. Roll in marble size balls and place on lightly greased cookie sheet. Flatten balls with palm. Bake at 325 degrees for 12-15 minutes.

Ola Harbison

CREOLE

CAFE BRULOT

Serves 12

| | |
|---|-------------------|
| 40 whole cloves | 20 cubes of sugar |
| 2 sticks whole cinnamon broken in pieces | + 2 cubes per cup |
| Thin peel of $\frac{1}{2}$ lemon | 1 C brandy |
| Thin peel of $\frac{1}{2}$ orange | 1 qt hot coffee |

Place spices, peel, sugar and brandy into brulot bowl. Fill the brulot ladle with brandy; ignite; lower into brulot bowl. Ladle the flaming mixture only a few minutes. Pour coffee into brulot bowl. Serve.

CAFE AU LAIT

Into a coffee cup pour together boiling milk and hot strong coffee ($\frac{1}{2}$ C of each). This is the coffee that is so popular at the coffee stands in New Orleans.

Mrs. James Crowe

COURTBOUILLON LOUISIANA

| | |
|-------------------------|--|
| 1 T butter | 2 bay leaves |
| 1 T flour | 1 qt water |
| 2 large onions, chopped | 1 C dry red wine |
| 1 clove garlic, minced | 6 large fresh tomatoes, chopped |
| 1 t thyme | 6 slices redfish or red snapper (3 lbs) |
| 1 t parsley | Salt and cayenne to taste |
| 1 t allspice | |
| Juice of 1 lemon | |

Make a roux by melting butter in heavy pot, adding flour and browning slowly. Add onions, garlic, and seasoning. Cook a few minutes. Then add water, wine and tomatoes. Let simmer 1 hour, then add slices of raw fish. Add lemon juice and seasoning. Let simmer 15 minutes and serve in soup bowls with French bread. Serves 6.

Mrs. James Crowe

CREAM OF ARTICHOKE SOUP

| | |
|-----------------------------------|--|
| ½ C chopped shallots or onions | 1 qt chicken consomme |
| 1 stalk celery, chopped | 1 C sliced, cooked artichoke hearts |
| 1 medium carrot, chopped | 2 egg yolks |
| 1 bay leaf | 1 C heavy cream |
| Pinch of thyme | Salt and pepper |
| ½ stick butter | |

Saute shallots, celery, carrot, bay leaf, and thyme in butter. Add consomme and simmer 10-15 minutes. Add artichoke hearts and simmer 5-10 minutes. Remove from fire and add beaten egg yolks mixed with cream. Season to taste. It yields 1½ to 1¾ qts.

Note: Try adding a few chopped oysters for added flavor.

Mrs. James Crowe

JACKSON SALAD (Brennan's Restaurant)

Serves 2

| | |
|-----------------------------|---------------------------------|
| ¼ head lettuce | 1 small avocado, diced |
| Romaine, chicory | 1½ T wine vinegar |
| 4 strips crisp bacon | ½ t dry mustard |
| 2 hard boiled eggs, chopped | Salt, white and black pepper |

Fill bottom of a salad bowl with mixed greens — lettuce, romaine, and chicory. Mix with greens the crisp crumbled bacon, hard boiled eggs (reserving some to sprinkle on top), and avocado. Make French dressing by combining and shaking well together the oil, vinegar, mustard, salt and pepper. Add some to salad, but do not drench, and place in refrigerator until ready to serve. Dressing should seep through the salad.

Mrs. James Crowe

ROQUEFORT DRESSING

| | |
|-------------------|----------------------|
| ½ C Wesson oil | ½ t paprika |
| 2 T wine vinegar | ¼ t dry mustard |
| 2 T Burgundy wine | ¼ C Roquefort cheese |
| ½ t salt | |

Mix all but cheese. Mash cheese with fork, blend dressing into it.

Betty Schilpp

HOW TO BOIL SHRIMP

3 lbs medium sized shrimp without heads
 ¼ C salt
 Juice of 1 lemon
 1 pkg shrimp and crab boil OR
 bottle of pickle spices OR
 2 whole allspice, thyme
 3 bay leaves, parsley
 1 red pepper pod
 dash of celery seed

Fill 4-qt pot with water. Bring to boil and add seasonings. Let boil about 20-30 minutes. Meanwhile, shell shrimp (and devein if necessary). Add shrimp to boiling water and again bring to a boil. Carry pot to tap and run a little cold water into it (to settle shrimp to bottom). Cover and let set 3 minutes. Test one for doneness. (You may need to wait one or two more minutes.) When done, immediately pour out boiling hot water. Fill pot with cold water to stop cooking process. Place shrimp on bed of ice at this point.

REMOULADE SAUCE

| | |
|----------------------|-------------------------|
| 4 T horseradish | 1 C salad oil |
| 4 T creole mustard | ½ C chopped green onion |
| ½ C tarragon vinegar | ½ C finely chopped |
| 2 T catsup (or more) | celery |
| 1 T paprika | ¼ C chopped parsley |
| ½ t cayenne pepper | 1 t salt |
| 1 clove garlic | |

Blend all ingredients thoroughly (in blender if you have one). Serve with shrimp or allow shrimp to marinate in sauce 4 hours.

MY FAMILY'S FAVORITE SHRIMP SAUCE

| | |
|----------------------|-----------------------|
| Catsup | Chopped parsley |
| Lemon juice | Dash of Tabasco (opt) |
| Worcestershire sauce | Horseradish (opt) |
| Salt and pepper | |

Begin with catsup and add other ingredients to taste.

Mrs. James Crowe

LES MERVEILLES DE LA MER EN CREPES

| | |
|----------------------|---------------------|
| ½ C chopped shallots | Salt and pepper |
| ½ C sliced mushrooms | 1 C cooked shrimp |
| 4 T flour | chopped |
| 4 T butter | 1 C cooked crabmeat |
| 1 pt light cream | 1 C cooked lobster, |
| ¼ C white wine | if desired |
| 1 egg | Crepes |

Saute in heavy skillet butter and shallots and mushrooms. Add flour and cook a few minutes. Add cream and wine; stir well. Dilute egg (beaten) with small amount of mixture. Add to sauce mixture. Season with salt and pepper. Meanwhile, saute cooked seafood in ½ to 1 stick of butter in another skillet. Add ½ of sauce to seafood mixture, and use this to fill crepes. Roll crepes and place folds down on plates; top with reserved sauce.

BASIC CREPES

| | |
|------------------|---------------|
| 2 eggs | Pinch of salt |
| ¾ C sifted flour | Milk |
| 1 t sugar | |

Mix together eggs, flour, sugar and salt. Add milk until the batter is the consistency of condensed milk, beating until smooth. Heat a 6" skillet that has been oiled with vegetable oil. Pour in about 2 T batter, tilt skillet to distribute batter evenly. Brown crepes on both sides, remove, keeping warm in a towel. Re-oil skillet with a pastry brush and repeat until batter is used up.

SHRIMP CREOLE

| | |
|------------------------------------|----------------------|
| 3 lbs shrimp, peeled and boiled | 1 can tomatoes |
| 1 T cooking oil | 1 pod garlic, minced |
| 1 green pepper, chopped | Chopped parsley |
| 3 strips celery, chopped | Bay leaf and thyme |
| 1 large onion, chopped | ½ T sugar |
| | Salt |

Heat oil in skillet, saute onion, green pepper and celery. Add other ingredients, except shrimp, and simmer uncovered until thick, about 40 minutes. Add shrimp and simmer about 10 minutes. Serve over a bed of rice. Serves 6.

Note: This creole sauce is also good over fish, chicken, or eggs.

Mrs. James Crowe

GUMBO

| | |
|---|--------------------------------|
| 1 lb shrimp, raw and shelled | 1 large onion, chopped |
| 1 lb crabs, broken in half, claws cracked OR | 1 C or more celery, chopped |
| ½ lb crabmeat | 1 can tomato sauce |
| 1 lb okra, sliced | Salt |
| Butter, oil or bacon drippings | 1 clove garlic |
| 1 green pepper, chopped | |

Saute okra in oil in bottom of 4-qt pot stirring occasionally for about 45 minutes until okra falls apart. Add other vegetables and saute until limp. Add tomato sauce and water to make 4 qts. Season with salt and pepper until liquid tastes rather hot. Simmer until gumbo thickens a bit, about 30 minutes. Add crabmeat and shrimp and cook a little longer. Remove from heat and refrigerate overnight. To serve, reheat, place small mound of cooked rice in soup bowl, and pour gumbo over. Served with crusty French bread and a green salad; this makes a meal. Or use as a soup for first course.

Mrs. James Crowe

TROUT AMANDINE

| | |
|-----------------|----------------------|
| 3 (2½ lb) trout | Juice of 2 lemons |
| Salt and pepper | 1 T parsley, chopped |
| 2 sticks butter | 6 oz sliced almonds |

Skin and fillet trout, season with salt and pepper. Melt butter in heavy skillet and fry fillets slowly until golden and cooked through. Turn only once. Put on warm platter. Add lemon juice and almonds to butter and let brown a bit. Pour over trout and sprinkle parsley over all.

TROUT MEUNIERE

Same as above except omit almonds.

Mrs. James Crowe

DAUBE (Serves 10)

| | |
|------------------------|-----------------------|
| ¼ lb salt fat | 1 T shortening |
| 3 large onions | 2 T minced parsley |
| 2 bay leaves | 2 turnips, diced |
| 1 clove garlic | 5 carrots, diced |
| Thyme and cloves | 1 C sherry wine |
| 5 lbs beef round roast | Salt, pepper, cayenne |

Cut fat into thin shreds; rub with salt and pepper. Chop 1 onion, 1 bay leaf, garlic, thyme, and cloves; mix thoroughly. Lard the beef round by making incisions about 3" or 4" in length. Insert pieces of salt fat and seasonings. Brown roast in shortening in heavy saucepan. Finally, chop the remaining onions and add to roast. Add remaining bay leaf, parsley, turnips, and carrots. Cover tightly. Simmer for 10 minutes. Cover with 1 qt boiling water; add sherry, salt, pepper, and cayenne. Cover; simmer 3 hours or until tender.

Mrs. James Crowe

CHICKEN CLEMENCEAU

| | |
|---|-------------------------|
| 1 (1½ lb) spring chicken | 6 mushrooms, diced |
| 1 stick butter | 1 clove garlic, minced |
| 1 small can petit poi peas | 1 sprig parsley, minced |
| 2 medium-sized potatoes, diced and deep fried | |

Cut chicken into 8 pieces. Saute slowly in butter until well browned and cooked through. Add remaining ingredients and saute 5-10 minutes. Serves 2.

Note: I usually use chicken breasts and double other ingredients to serve my family.

Mrs. James Crowe

JAMBALAYA

| | |
|-----------------------------|-------------------|
| 2 C leftover ham, chopped | 1 can tomatoes |
| 3 onions, sliced or chopped | ½ t thyme |
| 1 green pepper, chopped | ½ t basil |
| 2 cloves garlic, chopped | ½ t Tabasco sauce |
| ¼ C oleo | ¼ t paprika |
| ½ C white wine | 1 C raw rice |

Cook onion, pepper, and garlic in oleo until soft. Add ham, tomatoes, wine, and seasonings. Bring to a boil and simmer until flavors are blended and liquid absorbed, about ½ hour.

Sue R. Bryan

STUFFED ARTICHOKEs

- | | |
|---------------------------------|---------------------------|
| 2 artichokes | Chopped parsley |
| 1 C bread crumbs | Salt and pepper to taste |
| 1 C grated Romano or | 6 chopped anchovies (opt) |
| Parmesan cheese | ½ C olive oil |
| 4 cloves garlic, finely chopped | |

Mix together crumbs, cheese, garlic, parsley, anchovies, salt and pepper. Cut top and bottom from artichokes; turn upside down and mash slightly to open leaves. Fill each leaf from outside with stuffing. Place upright in pot half-filled with water. Pour olive oil over artichokes. Steam in covered pot until tender, about 45 minutes. Done when leaf pulls out easily.

STUFFED EGGPLANT

- | | |
|----------------------|------------------------|
| 1 large egg plant | ½ C crabmeat |
| 2 T chopped shallots | ½ C cooked shrimp |
| 1 t parsley | (or 1 C of either) |
| 4 T butter | Bread crumbs |
| Salt | Grated Parmesan cheese |

Cut eggplant lengthwise; put in pan with a little water and bake in oven until tender. Scoop out pulp, being careful to keep skin intact for restuffing. In a skillet, brown shallots and parsley in butter. Season and add pulp of eggplant and shrimp and/or crabmeat. Stir together and cook a few minutes, then stuff eggplant shells. Sprinkle with bread crumbs and grated cheese and bake in a moderate oven until brown. Serves 2.

SPINACH CASSEROLE

- | | |
|-------------------------|------------------------|
| 1 pkg artichoke hearts, | 1 pkg chopped spinach, |
| cooked | cooked |
| 3 oz pkg cream cheese | Mozzarella cheese |
| 1 stick butter | Bread crumbs |

Layer casserole dish with artichokes. Cream together butter and cream cheese; stir in spinach, well drained. Arrange this mixture over artichokes. Top with a layer of sliced or shredded cheese (Mozzarella), and then bread crumbs. Melt a little butter in heavy skillet and stir in bread crumbs to coat, before using as a topping. Pepperidge Farm crumbs are good. Bake for 30 minutes at 350 degrees.

BANANAS FOSTER

| | |
|--|---------------------|
| 1 T butter | Dash of cinnamon |
| 2 T brown sugar | ½ oz banana liqueur |
| 1 ripe banana, peeled and sliced lengthwise | 1 oz white rum |

Melt butter in a chafing dish. Add brown sugar and blend well. Add banana and saute. Sprinkle with cinnamon. Pour over banana liqueur and rum and ignite, basting banana with flaming liquid. Serve when flame dies out. Serves one. Serve as is for side dish to main meal, or over vanilla ice cream for dessert.

Mrs. James Crowe

PECAN PRALINES

| | |
|-------------------|------------------|
| 2 lbs brown sugar | ½ C cream, light |
| ½ t salt | 1 C small pecans |
| ½ C water | |

Put sugar, salt, water, and cream in large saucepan (I use a 4-qt size); stir over low fire until sugar dissolves. Cover and bring to boil over low fire (to dissolve crystals on side of pan). Pick pecans carefully and add when syrup starts to boil. Boil to soft ball stage. Do not underboil. Remove from fire; when slightly cool start beating with a strong spoon. When candy becomes thick and glossy, pour by spoonfuls onto marble slab or double layer of wax paper, working very quickly. Let cool.

Mrs. James Crowe

PUMPKIN CREME BRULEE

| | |
|--------------------|-----------------------------|
| 1 C canned pumpkin | ½ t grated orange peel |
| 3 eggs | 1 14-oz can evaporated milk |
| ½ C sugar | ¼ C brown sugar |

Combine pumpkin, eggs, sugar, orange peel, and milk. Blend in blender 1 minutes. Pour in pan. Put pan in a pan with 1" of water. Bake at 325 degrees 50-55 minutes.

Put brown sugar on top and broil 5" from heat for 5 minutes. Serve with whipped cream or ice cream or your favorite sauce. May be served hot or cold.

Melba Avent

BEIGNETS

| | |
|---------------------------------|--------------------------------|
| $\frac{1}{2}$ C boiling water | $\frac{1}{2}$ pkg yeast |
| 2 T shortening | $\frac{1}{4}$ C warm water |
| $\frac{1}{4}$ C sugar | 1 egg, beaten |
| $\frac{1}{2}$ t salt | $3\frac{3}{4}$ C flour, sifted |
| $\frac{1}{2}$ C evaporated milk | Confectionery sugar |

Pour boiling water over shortening, sugar and salt. Add milk and let stand until warm. Dissolve yeast in warm water and add to milk mixture with the beaten egg. Stir in 2 C flour. Beat. Add enough flour to make a soft dough. Place in a greased bowl; grease top of dough. Cover with a waxed paper and a cloth. Chill until ready to use. Roll dough to $\frac{1}{4}$ " thickness. Do not let dough rise before frying. Cut into squares and fry a few at a time in deep hot oil, 360 degrees. Brown on one side, turn and brown on the other. Drain on absorbent paper. Sprinkle with confectioners sugar and serve at once.

Mrs. James Crowe

FRENCH BREAD
(New Orleans Style)

| | |
|-------------------------------|---------------------------------|
| 1 pkg yeast | 1 T shortening |
| $1\frac{1}{4}$ C warm water | 1 T sugar |
| 2 t salt | $\frac{1}{4}$ C yellow cornmeal |
| $3\frac{1}{2}$ C sifted flour | |

Dissolve yeast in warm water. Add salt, shortening, and sugar; stir in flour. Knead on lightly floured board until smooth; place in greased bowl; brush lightly with shortening. Cover; let rise in warm place until doubled in bulk, about 30 minutes. Punch down and divide into 2 equal portions. Roll out each half into an oblong 15x10 inches. Roll up tightly from the wide side. Pinch together to seal. Roll dough back and forth to taper ends. Place fold down on greased cookie sheets. Sprinkle loaves with cornmeal.

Let rise uncovered until almost doubled in bulk, about 1 to $1\frac{1}{2}$ hours. Brush again with cornstarch glaze. Make $\frac{1}{4}$ " slashes in dough at 2" intervals. Place large pan of boiling water on lower rack of oven. Place bread on rack above and bake in 400-degree oven for 10 minutes. Remove from oven. Continue baking 30 minutes or until brown.

Mrs. James Crowe

WESTERN

CHOW MEIN

| | |
|---------------------------------------|---------------------------------|
| 1 chicken (2½ lb) | 1 medium onion |
| Salt | 2 stalks celery |
| 1 can La Choy Chow Mein vegetables | Chung King Chow Mein noodles |
| 1 can La Choy bean sprouts | Soy sauce |

Cook chicken, salt, diced onion, and diced celery in pressure cooker about 15 minutes. (Half cover chicken with water before cooking.) Remove chicken bones, and pull or cut chicken into rather large pieces. Return to stock. Drain vegetables and bean sprouts and add to chicken. Thicken a little and heat thoroughly but don't cook. (It wilts the vegetables). Spoon over noodles. If you like mushrooms, you can buy the vegetables with mushrooms included. Serve with soy sauce. A little may be added to Chow Mein before serving (about 1 t).

Carolyn Privette

ORIENTAL SANDWICH

1 pkg (8 oz) cream cheese, softened
1 T soy sauce
¼ t garlic salt
¼ C finely chopped water chestnuts
1½ to 2 t lemon juice
Cold sliced roast beef, turkey, or ham
Whole wheat or white bread

Mix cream cheese, soy sauce, and garlic salt until smooth. Add chestnuts and lemon juice to make proper spreading consistency. Spread on bread, and make into sandwiches with meat.

Winnie Pannell

MOCK CHOW MEIN

| | |
|-----------------------|--|
| 1 can tuna or chicken | 1 can water chestnuts |
| 1 can mushroom soup | (sliced thin) |
| 1 C water | $\frac{1}{2}$ C sliced almonds (toasted) |
| 1 C chopped celery | $\frac{1}{2}$ C pimento for color |
| 1 C chopped onion | (drained) |
| (optional) | 1 small can mushrooms |
| 1 can Chinese noodles | 1 bag (small) potato chips |

Mix together (except the potato chips and almonds). Add almonds last and top with crushed potato chips. Bake in buttered casserole for 1 hour at 350 degrees, uncovered.

Eleanor Anderson

CHICKEN TCHAKHOKBELLI

(from "Omar Khayyam's" in San Francisco)

| | |
|------------------------|------------------------------|
| 2 2-lb chickens | $\frac{1}{2}$ C tomato juice |
| (each cut in 4 pieces) | 1 C water |
| $\frac{1}{2}$ C butter | 1 t paprika |
| 1 onion, sliced | 1 t salt |
| $\frac{1}{3}$ C sherry | |

Melt the butter and fry the chickens until light brown. Remove the chicken to a baking pan. Fry the onion in the remaining butter until limp and golden, then pour over the chicken. Add the remaining ingredients. Bake uncovered in a 400-degree oven for about 45 minutes, turning the chicken at the end of 25 minutes. Make gravy from juices in pan. Serve with Rice Pilaff.

Betty Schillp

STRAWBERRIES ROMANOFF

| |
|-------------------------------|
| 1 qt fresh strawberries |
| 1 C confectionery sugar |
| 1 C heavy cream |
| 1 t almond extract |
| 2 T Cointreau or orange juice |

Wash and hull berries. Drain. In medium bowl, sprinkle sugar over berries; toss gently. Refrigerate 1 hour, stirring occasionally. In bowl, whip cream until stiff. Add almond extract and Cointreau. Fold into strawberries. Serve at once. Makes 8 servings.

Barbara Hills

SOURDOUGH FRENCH BREAD (San Francisco Style)

| | |
|------------------------------------|----------------------|
| 1½ C warm water | 2 t sugar |
| 1 pkg dry yeast, plus ¼ C water | 2 t salt |
| 1 C sourdough starter | About 2 C more flour |
| 4 C flour | |

The day before the bread is to be baked, start sponge by mixing 1½ C warm water with the starter, 4 C flour, sugar, and salt. Stir vigorously and allow to set overnight in a covered bowl. The next day dissolve the yeast in ¼ C warm water and stir thoroughly into the sponge. Add additional flour to achieve a stiff dough. Turn dough out onto a board and knead until satiny — 5 to 10 minutes. Shape into 3 long loaves or one large round loaf. Place on lightly greased and corn-meal-sprinkled cookie sheet. Let rise until double (1½ to 2 hours). Before baking, brush outside with water and make diagonal slashes. Put shallow pan of hot water in bottom of oven. Brush bread with water again after 5 minutes of baking, then a final time in another 5 minutes. Bake in hot oven (400 degrees) for a total of 45 minutes for oblong loaves and 55 minutes for round loaf.

WHOLE WHEAT BREAD

| | |
|----------------------|--|
| 6 C water (lukewarm) | ¼ to ½ C vegetable oil |
| 1 C honey | 1 to 3 yeast cakes (softened in ½ C lukewarm water) |
| 4 t salt | |
| 1 C dry milk | 4 to 5 lb whole wheat flour |

Add flour gradually. When soupy, add yeast and beat with a kneading form 300 times. Continue adding flour until the dough is easy to handle. Brush with oil and allow to rise once or twice; then form into loaves. Brush with oil and let rise until double in size. Bake at 350 degrees until done. Baking time depends upon size of loaves. Loaf-pan size will take about 1 hour. Loaves are excellent for freezing.

Martha Raper

PENNSYLVANIA DUTCH

CHICKEN CORN SOUP

Cook 3 to 4 lb hen until very tender.

Remove meat from bones, chop fine, and add to salted broth.

Cut corn from 10 ears (fresh); add to soup.

Add $\frac{1}{2}$ C chopped celery with leaves and 1 chopped onion.

Ten minutes before serving:

Add 2 chopped hard cooked eggs and rivels (see below).

Cover and boil 7 minutes.

Rivels: 1 C flour, 1 egg, $\frac{1}{4}$ C of milk

Rub with 2 forks until blended and drop into boiling soup.

Virgie Foutz

GRANDMOTHER'S POTATO SOUP

3 medium potatoes cut in
pieces about the size of
the end of your thumb

3 C water

Salt to taste



Cook slowly until the
potatoes are somewhat
tender but not really
done.

Add 3 C of milk, lots of butter and lots of paprika. Bring to a simmer and finish cooking potatoes until tender but not mushy. Add thin noodles to simmering soup in the quantity you desire. More noodles make a thicker soup. Serve in bowl with pat of butter.

Eleanor Lightner

NOODLES

1 C flour, pinch salt; sift.

Break 1 egg over; mix.

Fill half shell (of egg) with water. Add to above mixture but try not to get too wet. Roll and dry. Cut to desired width with noodlemaker (rolling pin with sharp grooves) or knife.

Emma Matternes

Pennsylvania Dutch

DANDELION SALAD

Pick dandelion leaves before plants flower. Wash and chop 4 C dandelion leaves. Cut 3 slices bacon into pieces and fry until crisp. Remove bacon from drippings. Mix together 1 egg, 3 T vinegar, and about 1½ C water. Add to bacon drippings. Cool slightly. Pour over dandelion leaves. Garnish with bacon and 3 hard-cooked eggs (chopped).

Virgie Foutz

PENNSYLVANIA DUTCH DRESSING FOR LETTUCE

Cut 2 slices of bacon into tiny squares and fry until crisp.

Mix in a bowl:

- 1 egg
- ½ t salt
- 2 T sugar
- ¼ C vinegar (or less, if vinegar is strong;
more, if mild)
- ½ C milk

Mix thoroughly and pour into bacon pan and let come to a good boil. Cool slightly and pour over lettuce, which has been torn into the size pieces you prefer. Use leaf lettuce when it is available.

Mrs. E.F. Potthoff

CHICKEN LOAF

| | |
|-----------------------------------|--------------------------|
| 3 C finely chopped cooked chicken | Salt and pepper |
| 2 T chopped parsley | 2 T minced green peppers |
| 2 C cooked rice | 1½ C milk |
| 2 C bread crumbs | 1½ C chicken broth |
| | 3 eggs beaten |

Mix in order given, shape into loaf, and bake at 350 degrees for 1 hour.

Serve with this sauce:

| | |
|-------------------|--------------------|
| ¼ C fat | 1 t salt |
| 6 T flour | 1 T minced parsley |
| 2 C chicken broth | ½ t lemon juice |
| ¼ C cream | ½ lb mushrooms |

Brown mushrooms in fat. Add flour and broth, and cook until thickened. Add seasoning and cream.

The Glokenspeil Restaurant
Emma Matternes

DUTCH MEAT LOAF

| | |
|--------------------------|---------------------------|
| 1 medium onion | 1 t dry mustard |
| 3 slices of bread | 1 can (8 oz) tomato sauce |
| 1 egg | ½ C water |
| 1½ lbs ground meat | 2 T vinegar |
| 1½ t salt | 1 T dry mustard |
| ¼ t pepper | 2 T brown sugar |
| 1 t Worcestershire sauce | |

Set oven at 350 degrees. Peel and chop onion fine. Pull bread into crumbs with a fork (makes about 1 C crumbs). Beat egg until bubbly. Add onion, bread crumbs, egg, salt, pepper, Worcestershire sauce, 1 t dry mustard, and ½ C tomato sauce to the ground meat. Mix together lightly but thoroughly with a fork. Pack meat mixture lightly in a 9"x5"x3" loaf pan. Mix the remaining tomato sauce, water, vinegar, dry mustard, and brown sugar together and pour over the meat loaf. Bake at 350 degrees uncovered 1½ hours. Slice and serve. Yields 6 servings.

York Kiker

GRAPE PIE FILLING OR DESSERT

Use left-over grape pulp from grape juice. Press boiled grapes from grape juice through a fruit press or seive. Add water to pulp and bring to boil.

Mix mixture of sugar, cornstarch, and cold water to make a thin paste. Add slowly to boiling grape pulp, stir constantly, and boil a few minutes.

Fill in sterilized jars and seal. Use as pie filling or as simple dessert.

Virgie Foutz

SAND TARTS (Dessert Cookies)

- 1 lb light brown sugar
- ½ lb butter — beaten to a cream
- 1 lb flour
- 3 eggs — keep white of one to brush tops of cookies

Mix into a dough and roll thin. Sprinkle with chopped almonds or peanuts and brush with white of egg. Bake at 350 degrees.

Granny Foutz

BLACK WALNUT KISSES

4 egg whites ($\frac{1}{2}$ C week-old eggs at room temperature)

Tiny pinch cream of tartar

Beat eggs and cream of tartar until heavy but not dry.

Add 1 C sifted 10X sugar and beat to stiff peak. Add 3 drops of vanilla.

Fold in, very gently, 1 large C nut meats and 1 C sifted 10X sugar so that sugar is scarcely moist. Drop by small spoonfuls on waxed paper and place on cookie sheet.

Bake at 250 degrees until a dry crust forms – about 45 minutes. Cookies may be dropped closely together, as they do not spread out. Let stand a few minutes before loosening from waxed paper.

Minnie Sheirich

SOFT SUGAR CAKES

2 C white sugar

1 C butter and lard

(equal parts)

1 C thick sour cream

4 eggs

1 t vanilla

Now sift together:

1 t soda

1 t cream of tartar

6 C flour

1 t salt

Thoroughly cream sugar and shortening; stir in cream and eggs. Add dry ingredients; mix well; chill overnight or longer.

Drop by tablespoons on greased cookie sheet and sprinkle well with sugar. With flat-bottomed glass or cup buttered and sugared, press to $\frac{1}{4}$ " thickness. Bake at 400 degrees about 10 minutes. Makes 3 dozen or more.

Virgie Foutz

GRANDMA'S FRIED BREAD

(A family favorite)

Plan on the equivalent of a thick slice of bread and one large egg per person. Put the tea kettle on.

Break dryish bread into cubes of an inch or less. Cover bottom of skillet well with melted shortening and heat until hot. Drop bread into skillet and brown it until it is like toast. Watch it carefully and stir to prevent overbrowning.

Pour hot water from teakettle over toasted bread, just enough to steam, and put lid on fast. When commotion stops, remove cover and break egg(s) over mixture and stir. Eat with jelly or jam.

Mrs. E.F. Potthoff

LATIN AMERICA



ARGENTINA

CHICKEN ESCABECHE (Muneca Rapella)

- | | |
|---------------------------|-------------------------|
| 1 chicken cut into pieces | 2 bay leaves |
| 3 carrots, slivered | 1 t whole peppers |
| 1 large onion, sliced | $\frac{1}{2}$ C vinegar |
| 1 lemon, sliced thin | $\frac{1}{2}$ C oil |
| $\frac{1}{2}$ t paprika | Salt |
| 1 stalk celery, sliced | Parsley |

Put in layers in a pan. Cook on top of stove slowly for 1 hour. Serve hot or cold. If served cold, it can be molded like a salad and turned out of the mold as it jells. Very pretty as well as good.

Mrs. Gertrude Clay Reed

BRAZIL

BRAZILIAN RICE

This recipe is from the Centenary Cookbook and was submitted by a missionary of our church.

| | |
|----------------------|-----------|
| 2 T cooking oil | 2 C water |
| Small onion, chopped | Salt |
| 1 C white rice | |

Saute small onion, chopped, in cooking oil. Do not let it brown. Add washed and drained rice. Cook over low heat, stirring constantly for 3 minutes until water evaporates. Add 2 C boiling water with 1 t salt; stir once. Cover and cook slowly for 20 minutes. Do not stir. Rice will be tasty and grains separated.

Doris Willis

CANUDOS (Pipes)

You will need 20 or more pieces of bamboo about the thickness of your finger and 3" long.

| | |
|----------------|---------------------------|
| 4 C flour | 4 T lard |
| 2 eggs, beaten | 1 C milk (more if needed) |

Blend lard and flour and add eggs. Add milk to make dough that can be rolled. Roll $\frac{1}{4}$ " to $\frac{1}{2}$ " thick, and cut into rectangles to wrap around the greased bamboo pieces. Bake at 400 degrees until lightly browned. Remove pieces of bamboo immediately. Fill with the following filling and roll in sugar.

Filling
5 C sugar
4 C milk

Cook on top of stove, stirring constantly until it forms a soft ball when a drop is placed in cold water. Remove from stove and beat. Pour on greased platter to cool slightly. Fill the Canudos. Makes about 70 pieces.

Mrs. Gertrude Reed

BLITZ TORTE

3 T butter 4 egg yolks
½ C sugar ½ t vanilla
1/8 t salt

Beat well. Then add:

3 T milk
1 C flour (sifted with ½ t baking powder)

Put mixture into two well-buttered cake tins sprinkled with flour. Cover with the following well-beaten ingredients:

4 egg whites
¾ C sugar

Sprinkle top with 1 T sugar mixed with ½ t cinnamon. Bake at 400 degrees for 15 minutes. Fill with apricot preserves and whipped cream.

Mrs. Gertrude Reed

BRAZILIANS' FAVORITE DESSERT

This recipe is submitted by Mrs. Cyrus Dawsey, a missionary to Brazil, and is found in the Centenary Cookbook.

2 cans sweetened condensed milk
2 cans evaporated milk
7 eggs, whole
1 t vanilla

Beat together only until all is well mixed. In a gelatin mold ring or one piece tube pan, put butter and caramelized sugar with about 6 prunes cut up. Pour above mixture into pan. Bake slowly in a pan of water for 45 to 50 minutes. Let it cool in the refrigerator. Cut like cake and serve with caramelized sauce over it. Delicious! Makes a large pudding.

Doris Willis

CUBA

CUBAN ROAST PORK

3- to 4-lb pork roast (Boston butt, loin, or other pork roast)

Marinade:

| | |
|---------------------------|------------------------|
| Juice from 2 large lemons | 1 clove garlic, mashed |
| 1 bay leaf | 2 t salt |
| 1 T oregano | |

Place roast in large bowl or pan. Make slits in roast to let marinade seep through. Pour marinade over roast, cover, and let stand overnight. Roast, covered, in 300-degree oven for 1 hour per pound. The last hour, uncover, and allow roast to brown.

Betsy N. Brown

BLACK BEANS

| | |
|--|------------------------------|
| 1 lb black beans | 1 bay leaf |
| 2 qt water | 1/3 C olive oil |
| 1 medium onion, cut in fourths | 3 medium-size chopped onions |
| 1 large green pepper, cut in strips | 1 t oregano |
| 5 garlic cloves | 1 T vinegar |
| | Salt and pepper as desired |

Soak washed beans in 2 qt cold water for a few hours. (Sometimes soaking is not necessary depending on quality of beans.) Cook beans in some water in pressure pan with bay leaf, medium onion cut in fourths, and 1 whole garlic clove for about 30 minutes (15 pounds pressure). If cooked in other type of pan, cook until beans are tender. In skillet prepare the following seasoning: Heat the olive oil and add chopped onions, green pepper, smashed garlic cloves, and oregano. Fry for a few minutes. Add this mixture to the beans and season with salt and pepper to taste and stir well, cooking again for about 10 minutes. Then add the vinegar and stir. Serve on steamed rice.

Mrs. Eugene Rossitch

MEXICO

MARGARITA COCKTAIL

Place crushed ice, 1½ oz Tequila and 1 oz fresh lemon or lime juice in a shaker and mix well. Strain into a cocktail glass, the edge of which has been previously moistened and frosted with salt. Place a slice of lemon or lime on the glass.

Jeanne St. Clair

GUACAMOLE (Avocado Dip)

2 very ripe medium avocados
2 medium tomatoes
1 medium onion (or 1 bunch green onions, chopped)
Green peeled chili pepper
Wine vinegar or lemon juice to taste
Salt to taste

Mash avocados with fork, not too smooth, and add other ingredients. If not serving at once, cover closely with plastic cover. Do not make too far in advance. Makes 3 cups.

Jeanne St. Clair

EMPANADAS

| | |
|--|----------------------------|
| 2 T olive oil | 1 hard cooked egg, chopped |
| 1 medium onion, finely chopped | ¼ C seedless raisins |
| 1 medium green pepper, finely chopped | 1 T sugar |
| 1 medium tomato, chopped | ¾ C flour |
| ¼ lb ground beef | ¼ t salt |
| ½ C chopped stuffed green olives | 6 T butter |
| | ¾ C water |

Saute onion, pepper, tomato, and beef in oil. Add olives, egg, raisins, and sugar. Blend. Blend flour and salt. Cut butter into flour; add water. Mix. Chill. Roll out pastry to 1/8" and cut into rounds. Arrange 1 t filling on each of half the pastry rounds and top each with another round. Seal each with water and press with fork tines. Prick tops. Fry in deep fat 375 degrees about 7 minutes or until golden. Drain on paper.

Mrs. Robert Carlson

GAZPACHO NO. I

| | |
|-----------------------------------|----------------------|
| 1 can tomato soup | Freshly ground black |
| 2 T white wine vinegar | pepper to taste |
| ½ can water | 4 or 5 ice cubes |
| 2 T olive oil | ¼ C diced tomatoes |
| 2 large garlic cloves, pressed | ¼ C diced cucumber |
| | ¼ C croutons |

Mix soup, water, vinegar, oil, garlic, and pepper. Add ice cubes and shake until thoroughly chilled. Add diced vegetables and croutons. Serve at once. (Or serve vegetables and croutons in separate dishes and let each person help himself.)

Winnie Pannell

GAZPACHO NO. II

| | |
|--------------------------|--------------------------------------|
| 8 tomatoes, chopped | 1 clove garlic, chopped |
| 4 cucumbers, chopped | 1 medium onion, chopped |
| 2 green peppers, chopped | 1 can (1 qt - 14 oz) tomato juice |
| 6 T oil | |
| 6 T red wine vinegar | Salt and pepper to taste |

Blend chopped vegetables and tomato juice in blender (small amounts at a time — ½ full) until thoroughly blended. Add oil, vinegar, remainder of juice, salt, and pepper. Continue blending. Cover and chill. (Vegetables can be chopped very fine and placed in a bowl and mixer can be used.) Ladle soup into bowls, add a few cucumber slices and 3 or 4 ice cubes. Sprinkle with croutons.

Jeanne St. Clair

GUACAMOLE DRESSING FOR SALAD

To a regular vinegar and oil dressing, add one pureed avocado, a generous amount of garlic powder, and ¼ C lemon juice. Pour over tossed salad just prior to serving. Sprinkle with a bit of chili powder, if desired; or add it to the dressing, if preferred.

Jeanne St. Clair

TOSTADAS

(Tortillas, fried crisp)

Thaw frozen tortillas per package instructions. Cut in quarters. Fry in oil until brown and crisp. (These may be fried the day before and crisped in oven just before use.)

Jeanne St. Clair

CHILIES RELLENOS CON QUESO

(Chilies stuffed with cheese)

| | |
|------------------------------------|----------------|
| ¼ lb Monterey Jack or Brick cheese | 2 – 3 eggs |
| 1 can (8 oz) peeled green chilies | 2 T flour |
| Flour | Fat for frying |

Cut cheese in rectangles, 2x1x½". Wrap ½ chili (cut lengthwise) around each piece of cheese. Roll in flour. Make batter by beating whites of eggs until stiff and beating yolks lightly, separately. Fold yolks into whites. Then fold in flour. Stir until batter is slightly thinner. Drop the stuffed, floured chilies into batter one at a time. Pick up each with a spoon and transfer to a saucer; then slide from saucer into about 1½" of moderately hot oil in frypan. Fry until golden brown on each side, work quickly, two at a time. Drain well on absorbent paper and let stand. Don't worry if puffy coating deflates; it will puff up when heated in thin sauce.

Sauce: Any taco sauce diluted in half with water.

At serving time: Heat chilies in boiling sauce for about 5 minutes.

If frozen: Cover. Put in oven 10 minutes, then add hot sauce.

Chilies may also be stuffed with any meat, chicken or fish. 8 servings.

ENCHILADAS

12 tortillas
Fat for frying
2 cans enchilada sauce (mild)

Filling:

| | |
|-----------------------|---------------|
| 1 lb ground meat | Chopped onion |
| Salt | Grated cheese |
| Chili powder to taste | |

Empty sauce into a sauce pan and warm. Do not dilute. Brown ground beef and season with salt and chili powder. Drain well. With kitchen tongs, quickly dip a tortilla in and out of hot fat so that it is just pliable. Then dip into the enchilada sauce and hold over pan until "drips" stop. Place flat and spread ground beef down center of tortilla. Sprinkle with onions and cheese. Roll up and secure with toothpick. Place seam side up in casserole. Repeat with rest of tortillas. Pour remaining sauce over casserole and sprinkle with a little cheese. Place in very low oven (250 degrees) until ready to serve.

Jeanne St. Clair

CHICKEN SOPA

1 doz tortillas cut into quarters

1 whole chicken, cooked and removed from bones

Sauce:

2 C chicken broth

1 small can green chili
peppers, chopped

1 C mushroom soup

1 small chopped onion

2 C sharp grated cheese

Line casserole with tortillas (sides and bottom). Put a layer each of chicken and sauce. Repeat process ending with sauce on top. Bake for 25 minutes at 350 degrees. Very easy.

Sue R. Bryan

FLANK STEAK STUFFED WITH SAUSAGE

1 large flank steak

½ C flour

1 clove garlic, mashed

2 T oil

½ lb Spanish sausage

1 8-oz can tomato sauce
or canned tomatoes

1 bunch green onions

¼ C minced parsley

½ C broth

1 T chopped chili pepper

1 bay leaf

1 egg, beaten

Place flank steak on a board and rub with garlic. Mix sausage with onion, parsley, chili, and egg. Spread filling on steak and roll as jelly roll. Tie with string or sew to hold roll together. Dredge with flour and salt. Brown on all sides in oil. Add tomato sauce, broth, and bay leaf. Cover and cook in 350-degree oven about 3½ hours, or until tender.

Mrs. Ray Sturkie

TACOS

Hot Meat Filling

1 lb ground meat

Salt

Chili powder to taste

Commercial taco sauce

1 tortilla per serving

Uncooked filling

2 medium fresh tomatoes,
chopped

Lettuce, chopped

American cheese, grated

2 medium onions, chopped

Soften tortilla in 1" oil in a skillet. Fold it. Continue frying until crisp, holding together with tongs. Fill with hot meat filling. Serve warm. Garnish with uncooked filling ingredients at table individually. Add sauce on top. Makes 8 servings.

Jeanne St. Clair

FIESTA TAMALES CASSEROLE

There is nothing authentic about this Texas version of one of Mexico's favorite foods. But try it! You'll like it! And your family will eat it all! It was given to me by my sister, Mrs. Charles Scruggs.

| | |
|------------------------------------|---------------------------|
| ½ lb pork sausage | 1½ t salt |
| 1 C chopped onion | 1 t chili powder |
| ¾ C diced green pepper | ½ t garlic salt |
| ½ lb ground beef | 1½ C tomato sauce |
| 1 C whole kernel corn | 2 cans (15 oz) tamales |
| 1/3 C ripe olives | 1/3 C tamale liquid |
| 1 T liquid from corn and olives | 3 C grated Cheddar cheese |

In a large skillet, brown sausage. Remove to paper toweling. Leave 3 T drippings in skillet; add chopped onion and green pepper. Sauté until tender. Stir in beef and cook until brown. Add sausage, corn, olives, and 1 T liquid from each. Season with salt, chili powder, garlic salt. Add tomato sauce. Mix well. Simmer gently for 15 minutes to blend flavors. Open tamales. Add liquid to meat mixture. Remove parchment papers; spoon the meat mixture into large shallow casserole and arrange tamales on top. Bake uncovered in 350 degree oven for 15 minutes. Sprinkle Cheddar cheese and return to oven until melted. Makes 6 servings.

Doris Willis

MEXI-CORN CASSEROLE

| | |
|----------------------------------|-----------------------------------|
| 3 T oleo | ½ C diced celery |
| 3 T chopped onion | 1 C (or all of pack) chipped beef |
| Saute all together. | |
| 5 eggs, well beaten | |
| 2 medium cans Mexi-corn, drained | |
| ¼ C milk | |
| 2 T flour | |
| ¼ t salt | |
| ½ C shredded cheese | |

Blend all ingredients together. Pour in greased casserole, top with 3 T Parmesan cheese. Bake in 350-degree oven for 35 minutes. Serves 16.

Mrs. Martin L. Corriher

CORN CASSEROLE

- | | |
|---|-------------------------|
| 1 C corn (uncooked) | ½ t red pepper |
| 4 eggs | 1 T sugar |
| 2 C milk | 1 C grated cheese |
| ½ C green pepper or pimento (minced) | 2 T flour |
| 1 t salt | ¼ C margarine (1 stick) |

Melt margarine, add flour, sugar, salt, pepper, and milk. When slightly thickened, add cheese, green pepper, corn, egg yolks (beaten separately); lastly fold in beaten egg whites. Bake 30 minutes at 325 degrees.

EXTRA NOTE: Cream style corn may be used. Cool mixture a little before adding egg yolks.

CHILI RELLENOS

- | | |
|-------------------|-------------------|
| 1½ lb ground beef | ½ C chopped onion |
| ½ t salt | ¼ t pepper |

In frying pan, brown beef and onion; drain. Sprinkle with salt and pepper. Take 2 cans (4 oz) green chilies; cut in half cross-wise and seed. Place half of chilies in 10"x6"x1½" baking dish. Sprinkle them with 1½ C shredded sharp cheese; top with meat mixture. Arrange remaining chilies over meat. Then combine these ingredients and beat until smooth:

- | | |
|----------------|--|
| 1½ C milk | 4 beaten eggs |
| ¼ C flour | Several dashes of hot pepper sauce (Texas Pete) |
| ½ t salt | |
| Dash of pepper | |

Pour over meat. Bake in 350-degree oven 45 to 50 minutes. Remove and let cool 5 minutes. Then cut into squares. Serves 6 to 8.

Jeanne Belle Boggs

CONQUISTADOR CHILI

- 1 15½-oz can chili, without beans
- 3 T finely chopped onion
- 1 12-oz can corn with sweet pepper, drained
- ½ C grated Cheddar or Swiss cheese

Heat oven to 350 degrees. Pour chili into 8" or 9" baking dish. Top with onion and corn; sprinkle with cheese. Bake fifteen to twenty minutes, until bubbly.

Mary N. Grissom

FIESTA TRAY

Dressing: Make dressing several days before. Combine and mix well:

| | |
|---------------------------------|---------------------------------|
| 1 C olive oil | $\frac{1}{4}$ C minced parsley |
| 1 C vinegar | 1 t dry mustard |
| 2 t salt | $\frac{1}{2}$ C canned consomme |
| 1 t freshly ground black pepper | |

Vegetables: (To be marinated for 2 to 3 days before serving in above dressing.)

| | |
|--|---------------------------------|
| 1 large head cauliflower, broken into small flowerets | 3 C fresh or thawed frozen peas |
| 3 C diced carrots | 3 C diced green beans |
| | 3 C diced potatoes |

Cook each vegetable separately in salted water until barely tender; drain. Cool vegetables and combine. Pour dressing over and marinate in refrigerator 2 to 3 days. Turn occasionally so flavors mingle.

The day before serving:

Boil 4 or more eggs.

Wash and crisp 1 large head of lettuce.

Slice 4 lb meat (at least 5 varieties) chicken, turkey, salami, bologna, corned beef, roast pork, roast beef, ham, tongue, any summer sausage.

When ready to arrange tray:

Press marinated vegetables into custard cups and unmold on lettuce pieces. Then arrange meats and sliced eggs. Garnish with pitted ripe olives, pimento strips, and mild cheese slices.

Jeanne St. Clair

SPANISH SAUCE OVER BUTTERED HOMINY

| | |
|----------------------------------|---|
| 2 T shortening | $\frac{1}{3}$ C chopped ripe or stuffed green olives |
| 1 lb ground beef | 1 No. 2½ can tomatoes |
| 1 large onion, finely chopped | $\frac{1}{4}$ C butter |
| 1 clove garlic, minced | 2 1-lb cans hominy, drained |
| 1 T chili powder | |
| 1 t salt | |

Melt shortening in heavy skillet. Add ground beef, stirring with fork to break up. Add onion and garlic, and brown meat well. Add chili powder, salt, olives, and tomatoes; blend well. Simmer, uncovered, 1 hour. At the end of this time, the mixture should be of a thick, rich consistency. Melt butter in a sauce pan and add hominy and heat. Serve the meat sauce over the hominy.

Mary N. Grissom

INDIAN STICKS
(Perfect for Coffee Hour)

1 C sugar
½ C cocoa
2 eggs, not beaten
½ C flour (sifted)
1 t cinnamon
1 stick melted butter

Mix and bake in greased pan at 300 degrees for approximately 30 minutes. Cut and roll in powdered sugar.

Melba Avent

MEXICAN TEA CAKES

1 C butter, creamed well with
4 heaping T powdered sugar
2 t vanilla
2 C sifted flour blended well into butter mixture
Add 1 C chopped nuts.

Make into small balls and cook on greased cookie sheet at 350 degrees until light brown. Cool and roll in powdered sugar. Makes about 60 cookies.

Melba Avent

SOPAIPILLAS

| | |
|-------------------|---------------|
| 2 C flour | 3 T salad oil |
| 2 t baking powder | ½ C water |
| 1 t salt | Shortening |
| 1 egg | |

Sift dry ingredients together. Beat egg, stir in salad oil and water. Pour over dry ingredients; stir with fork until well blended. Knead until smooth.

Roll dough; cut in 3" squares. Melt shortening in electric skillet to depth of 2". Heat to 380 degrees. Fry 2 or 3 squares at a time, turning often, for 3 to 4 minutes or until golden and puffed.

Serve hot as bread. Excellent with honey or jam.

Betty Willis

AVOCADO CREAM

- 2 large very ripe avocados, seeded and diced
- 5 T powdered sugar
- 2-3 T lemon or lime juice

Combine and blend in blender. Spoon into individual serving dishes and chill about 1 hour. Do not do any further ahead as it will darken and separate.

Jeanne St. Clair

FRESAS AZUCARADAS (Candied Strawberries)

- 1 pkg strawberry jello
- 1 T sweetened condensed milk
- 1 C shredded coconut
- 2 t vanilla flavoring
- Sufficient red vegetable coloring for deep red color

Mix all ingredients thoroughly and form into strawberry shapes.

Coating:

1 package red crystal sugar, or additional package strawberry jello

Roll strawberry shapes in coating material and chill. Refrigerate until ready to serve, or store in freezer. Garnish each strawberry with green mint leaf to serve.

Jeanne St. Clair

AVOCADO WHIP

- 1 avocado
- Juice of 1 lime
- 2 T sugar
- 1 C vanilla ice cream

Remove peeling and pit from avocado. Press through a sieve. Add lime juice and sugar. Combine avocado mixture and ice cream and beat until smooth. Place in freezing tray and chill (but do not freeze).

Lazelle Northrop

SOUTH SEA ISLANDS



SINIGANG NA CARNE (Soup)

- 1 lb cheap cuts of beef with bone
- ½ lb spare ribs
- 1 medium-sized onion, sliced
- 2 medium-sized gabi cut into big cubes
(I use Irish potato)
- 2 medium-sized radishes cut into big slices
(I use rutabagas or parsnips)
- 3 tomatoes sliced
- 1 small bunch sitaw (fresh string beans)
- Salt
- Fish (Anchovy sauce purchased in Chinese food section)
- Cabbage cut in large chunks and broken apart

Simmer beef and pork in enough water to cover. Add sliced tomatoes, onion, and salt. Cook until tender. Boil gabi and radishes. Add more water as needed. When almost cooked, add beans and cabbage. Season to taste with patis. Serve hot with patis and lemon juice. Vegetables are cooked Chinese style... still crisp and slightly under-cooked by American standards.

*Note: Certain types of fish may also be used instead of beef and pork.

Doris Willis

POLYNESIAN DRINK

- 1 small can frozen orange juice
- 1 banana
- ½ small can crushed pineapple
- ¼ C sugar
- 1 tray (approx. 18 cubes) ice – crushed slightly

Place first four ingredients in blender and turn on medium speed. Add ice gradually until thoroughly blended – about 2 minutes. Serve with mint leaves. Makes one quart.

Mrs. Al Hartness

FRIED LUMPIA

(Variation of the Chinese Egg Roll)

- | | |
|---------------------|------------------------|
| 1 lb pork meat | ¼ C water chestnuts |
| 1 lb chopped shrimp | Salt & pepper to taste |
| ¼ C chopped onion | 3 egg yolks |
| ¼ C mushrooms | Soy sauce |

Steam meat until tender. It should be sliced very thin and in strips. Wrap in lumpia wrappers into very small rolls and fry in deep fat. Serve with sweet-sour sauce.

Sauce

Mix vinegar, water, sugar and salt to produce a sweet-sour taste. Pour in a pan and add 1 T catsup or tomato sauce. When boiling, thicken with a little cornstarch dissolved in water. Add 1 small sliced pepper and a little chopped garlic.

Lumpia Wrappers

- 2 C flour
- 1 C cold water

Mix the water and flour well. Work with hands in up-and-down motion until the gluten part of the flour will stick together into a mass and the dough can be picked up at once. Grease pan slightly. Drop a small ball of dough, pressing it into a round sheet lightly and evenly over the deep part of a griddle. (Using a paint brush, paint batter thickly over griddle.) Work fast. Remove with pancake turner as batter dries.

Doris Willis

PANCIT GUISADO

½ C boiled chicken, diced
½ C boiled shrimp, diced
½ C cooked ham, thickly sliced in 2" strips
½ C beef or pork, sliced as above
1 C shredded cabbage
1½ T soy sauce
4 segments garlic
1 thinly sliced onion
1 C shrimp juice
Salt to taste
Black pepper
1 pkg rice noodles (Bijon)

Fry separately the garlic, onion, shrimp, pork, chicken and ham. Set aside a portion of each for garnishing the dish. To the rest add the soy sauce, shrimp juice, salt and pepper. Simmer for about five minutes, then add the cabbage. Mix well and simmer until almost dry. Blanch noodles in boiling water for 2 minutes. Then add to the mixture. Arrange on a platter and garnish with the previously set-aside fried garlic, pork, chicken, shrimp, and ham. Use slices of lemon for extra flavoring. Top with cashew nuts, if desired. Use soy sauce or patis for extra flavoring.

Doris Willis

CHICKEN ADOBO

| | |
|-------------------------|------------|
| 1 chicken (frying size) | ½ bay leaf |
| ½ C vinegar | Shortening |
| 1 clove garlic | Soy sauce |
| Salt to taste | 2 C water |

Clean chicken and cut into pieces. Add salt and minced garlic. Rub into chicken. Place in soy sauce for several hours. Place in bay leaf, vinegar (may need to add more depending on size of chicken) and water. Boil chicken and let simmer until tender and most of the liquid has evaporated. Add fat and fry meat until brown.

Doris Willis

KALUA ROAST PORK

(Kalua means to roast underground)

- 4 lb pork roast (loin)
- 3-4 T liquid smoke (this gives flavor of underground roasting)
- 2 T salt
- 5-6 ti leaves (spinach will do)
- 1 banana leaf (optional)

Score meat on all sides. Rub liquid smoke and salt into meat on all sides. Wrap roast in leaves. Tie firmly with string and then wrap in foil. Refrigerate overnight. Bake at 400 degrees for 15 minutes. Reduce temperature to 350 degrees and continue roasting 30-35 minutes per pound.

Mrs. James Fagan

CURRIED CHICKEN

Cut up and remove skin from 3 lb fryer chicken. Brown in 4 T butter until golden. Remove chicken and add 2 T butter to skillet. Chop two small onions and mince 1 clove garlic and sauté in butter. Add to onion mixture and stir:

- 2 T flour
- 2 T curry powder
- 2 t ground ginger
- 2 t ground cardamon
- 1 t salt
- 2 medium tomatoes, chopped
- 1 C chopped and peeled apple
- 2 C chicken broth

Simmer for 5 minutes.

Add browned chicken, cover, and simmer 40 minutes or until tender (or cook in covered casserole in 350 degree oven 1 hour). Spoon over hot rice, serve with condiments — chutney, peanuts, coconut, and raisins. Makes 6 servings.

Dori Bowman

HAWAIIAN MEAT BALLS

| | |
|-----------------------|-------------------------------|
| 1½ lb ground beef | 1 13½-oz can pineapple chunks |
| 2/3 C cracker crumbs | 2 T cornstarch |
| ½ C chopped onion | ½ C brown sugar |
| 2/3 C evaporated milk | 2 T soya sauce |
| 1 t salt | 2 T lemon juice |
| 1 T wheat germ | 1 C chopped green peppers |
| 1/3 C flour | 1 T chopped pimienta |
| 3 T shortening | |

Combine beef, crumbs, onion, milk, salt, and wheat germ; mix well. Shape into balls; roll in flour. Brown in shortening; drain excess fat. Drain pineapple chunks; reserve syrup. Measure syrup and enough water to make 1 C liquid. Blend liquid and cornstarch in a saucepan. Stir in vinegar, brown sugar, soy sauce, and lemon juice; cook until clear. Add peppers, pimienta, and pineapple chunks. Pour sauce over meat balls; simmer, covered, for 15 minutes. Yield: 6 servings.

Kay B. Pardue

LOMI SALMON

- 1 lb salted, smoked, or fresh salmon
(canned pink or red is good)
- 4 large, ripe tomatoes (peeled)
- 1 bunch green onions
- 1 medium onion

Salted salmon must be soaked in water for several hours to remove some of the salt and to soften. Chop tomatoes. Clean and mince green onions, including some of the tops. Peel and mince the dry onion. If using salted salmon, or fresh or canned, remove skin and bones. Shred or break up salmon by hand. Mix salmon with tomatoes and onions and squeeze with hands until everything is broken up and well mixed. (This is where the lomi come in. Lomi in Hawaiian means to press or massage.) Chill thoroughly. Serves 15-20.

Mrs. James Fagan

OSUSHI

Mrs. Mario Barbari, Jr. is a missionary to the Ryukyus Islands and gives us this recipe, a variation of a Japanese dish, but served on the Islands.

5 C rice
1 t salt
Vinegar to taste
3 T sugar

2 eggs
 $\frac{1}{4}$ t salt
 $\frac{1}{2}$ t sugar

$\frac{1}{2}$ C string beans
 $\frac{1}{2}$ t salt
1 t sugar

1 C shrimp
 $\frac{1}{2}$ t sugar
 $\frac{1}{2}$ t salt

$\frac{1}{2}$ oz dried mushrooms
5 T soy sauce
5 T sugar

1 C carrots
 $\frac{1}{2}$ t salt
1 T sugar
2 T soy sauce

$\frac{1}{2}$ C chestnuts
1 T vinegar
1 T sugar
1 T soy sauce

Red ginger, a little sliced into small strips

Boil the rice and mix with the vinegar, salt and sugar. Set aside. Beat the eggs; flavor with salt and sugar; fry very thin and cut in thin shreds. Set aside. Slice string beans in as thin strips as possible. Boil with salt and sugar. Set aside. Mix shrimp with salt and sugar and bring to the boiling point and remove from heat.

Chop dried mushrooms into small pieces, add soy sauce and sugar. Boil for a few minutes. Cut carrots into thin strips and boil with salt, sugar and soy sauce until slightly soft. Peel the chestnuts and slice thin. Boil for a short time in the vinegar mixed with sugar, salt, and soy sauce. Mix the vinegared rice with the shrimp, dried mushrooms, carrots, and chestnuts. Serve heaped on plates with shredded eggs, string beans, and ginger arranged on top.

Submitted by Doris Willis

SITAO
(Green Beans)

- | | |
|------------------------|----------------------------|
| 2 C fresh string beans | ½ C pork, thinly sliced |
| cut into 2" lengths | ½ C shrimp (cocktail size) |
| 2 cloves garlic | 2 C water |
| 2 T shortening | Salt to taste |
| ½ C sliced tomatoes | ¼ C sliced onion |

Brown the garlic in shortening. Add the onion, tomato, then the pork, shrimp and salt. Cook well. Add the water to mixture. Stir constantly until it boils. Add the beans and cook until crisp-tender.

Doris Willis

GOMAAE

- 1 lb fresh green beans
- 1 T or more toasted sesame seeds
- 1 T sugar
- ¼ C shoyu sauce (Beth Tartan says same as soy sauce
best brand "Coco Man")
- ¼ t monosodium glutamate

String and cook beans until tender. Drain. Combine other ingredients; mix well. Chill beans one hour; add other ingredients and toss. Refrigerate overnight. Serve: cold.

This sauce may also be used for cucumbers, watercress, bean sprouts and spinach.

Anne Geis

BAKED SWEET POTATOES AND BANANAS

- | | |
|-------------------------|-------------------------------|
| 6 medium sweet potatoes | Brown sugar |
| 6 bananas | Lemon juice |
| Butter, salt | ½ C pineapple or orange juice |

Boil sweet potatoes in jackets. Cool. Peel, slice and arrange in alternate layers with sliced bananas in a well-buttered casserole. (Start with potatoes and end with bananas.)

Dot layers of potato with butter and sprinkle with salt. Sprinkle layers of bananas with brown sugar and a little lemon juice. Dot the top with more butter and add ½ C juice.

Bake in medium oven (350 degrees) for 30 minutes. Serves 6-8.

Mrs. James Fagan

SWEET POTATOES MAUNA KEA

- | | |
|------------------------|-------------------|
| 3 T butter | 1 C chopped or |
| 2 C sweet potatoes, | crushed pineapple |
| mashed while hot | 2 T brown sugar |
| 1 t grated orange rind | Paprika |
| 6 T orange juice | Grated coconut |
| 1 t salt | |

Whip butter into potatoes. Add orange rind and juice, pineapple and salt. Pour mixture into buttered baking dish. Sprinkle with brown sugar and paprika. Bake covered in hot oven for 30 minutes. Sprinkle with coconut and toast under broiler. Serves 6.

Mrs. James Fagan

CABBAGE GUISADO

- | | |
|---------------------|--------------------|
| 1 small cabbage, | ½ C sliced pork |
| sliced fine | ½ C shelled shrimp |
| 3 cloves garlic, | (cocktail size) |
| chopped | 1 C water |
| ½ C sliced onion | 2 T shortening |
| ½ C sliced tomatoes | Salt |

Wash cabbage. Drain. Saute in shortening the garlic, onion, pork, and tomatoes. Add shrimp. Then add water. Stir until it boils. Add the sliced cabbage and season to taste. Cook until crisp-tender.

Doris Willis

MALIHINI POI (Banana Bread Pudding)

- | | |
|------------------------------------|-------------------------|
| 2 C stale bread crumbs (no crusts) | ¼ C melted butter |
| 2 C scalded milk | ½ t salt |
| 2-3 mashed ripe bananas | 2 eggs, slightly beaten |
| 2 T sugar | |

Soak bread crumbs in scalded milk and cool.

Add other ingredients and bake in greased baking dish for 1 hour at 325 degrees.

Serve hot with rum sauce. (When cool this is of a consistency that may be eaten with fingers like poi, hence the name.)

Mrs. James Fagan

KEMOO FARMS' MACADAMIA NUT CREAM PIE

| | |
|------------------|----------------------|
| 2½ oz cornstarch | 4 eggs |
| 2½ C water | 2½ C evaporated milk |
| Dash vanilla | ¼ lb Macadamia nuts |
| ½ lb sugar | |

In large bowl, mix cornstarch, 1¼ C water, eggs, and vanilla. Bring to a boil the remaining 1½ C water, milk, and sugar. Add small amount of boiled mixture to mixture in bowl. Mix. Transfer all to saucepan and allow to thicken on low heat. When slightly cool, add chopped nuts. Allow mixture to cool well. Pour into 3 baked 8" pie shells or 2 baked 10" shells.

Pat-In-The-Pan Crust

With hands, mix until mixture forms ball:

- 1 C plain flour
- ½ C (1 stick) softened butter or margarine
- ¼ C finely chopped Macadamia nuts
- ¼ C confectioners sugar

Press firmly and evenly against bottom and sides of pie pan. Do not press on rim. Bake 10-15 minutes at 400 degrees or until light brown. Cool. Fill with Macadamia Nut Cream Pie.

Mrs. James Fagan

MOCHIKO (Dessert)

- 1 box Mochiko (sweet rice flour)
- 6 eggs
- 3 C milk
- 1¼ C sugar
- 1 stick oleo
- 1 t vanilla

Mix thoroughly. Put in two baking pans. Bake 45 minutes at 350 degrees or until a toothpick comes out clean.

Voila Bravo
Denver, Colo.

HAUPIA
(Traditional Laua Dessert)

Serves 8-12

| | |
|------------------|----------------|
| 2 C coconut milk | 6 T cornstarch |
| 1 C milk | 1/8 t salt |
| 6 T sugar | |

Make a paste of sugar, salt, cornstarch and 1 C coconut milk. Combine remaining 1 C coconut milk and the whole milk. Cook slowly until hot — scalding will be sufficient — just be sure never to heat coconut milk on high temperatures as it scorches very easily.

Add paste to milk and stir constantly until mixture thickens. Pour into 8" or 9" square cake pan (small individual molds are excellent for this since small servings are a must — coconut milk is very rich).

Cool — then chill in refrigerator.

Cut into 2" cubes and top with roasted coconut before serving.

Coconut Milk I (Blender Method)

2 coconuts (approximately 6 C when diced)
2 C cream (Half and Half is good)
1 C milk

Shell coconuts and dice meat to slices about 1/4" thick.

Combine cream and milk and bring to a boil. DO NOT ALLOW TO BOIL.

Place 1 C diced coconut and 1/2 C hot milk mixture in blender. Blend at high speed for 10 seconds.

Repeat process until all meat and milk is used.

Cool. Strain (using either sieve or two thicknesses of cheese-cloth). Be sure all liquid is squeezed out.

Refrigerate until used. May be prepared one day ahead. Yields 4 C.

Coconut Cream

Chill coconut milk for several hours.

The cream substance which rises to the top is skimmed off — this is the coconut cream. It may be used as a sauce or whipped lightly for topping.

To make two C coconut cream you will need 6 C grated coconut. Proceed as for coconut milk.

Mrs. Al Hartness

BAKED BANANAS

Wash medium-ripe bananas. Bake whole in skin in uncovered pan for 15-20 minutes at 350 degrees. Serve hot as a vegetable, to be split lengthwise and eaten out of skin like a baked potato. Can be roasted on outdoor grill.

RUM SAUCE (Yields about 1 cup)

| | |
|---|----------------------|
| 2 egg yolks | $\frac{1}{4}$ t salt |
| $\frac{1}{2}$ C sifted confectioner's sugar | 1 oz Jamaica Rum |
| $\frac{1}{4}$ C Half and Half | 2 egg whites |

Beat yolks until lemon-colored. Add sugar, milk, and salt to yolks and mix thoroughly. Place in top of double boiler (or over very low heat) and beat until mixture thickens. Stir in rum gradually and beat until smooth. Chill. Fold in stiffly-whipped egg-whites just before serving.

This sauce is delicious served over the baked bananas (recipe given earlier) if you want a simple dessert.

Mrs. James Fagan
Mrs. Al Hartness

HAWAIIAN LEILANI BARS (Dessert Cookies)

| | |
|------------------------|--|
| 1 stick butter, melted | 1 t salt |
| $1\frac{1}{2}$ C sugar | 1 No. 2 can crushed pineapple (drained) |
| 4 eggs, well beaten | $\frac{1}{2}$ C chopped Macadamia nuts |
| $1\frac{1}{2}$ C flour | $\frac{1}{2}$ C shredded coconut |

Combine butter and sugar. Stir in eggs. Sift together flour, soda and salt; add to above mixture. Mix in pineapple, nuts, and cocount. Bake in greased 8" x 16" pan at 350 degrees for 30 minutes. Cool. Cut into bars.

Mrs. James Fagan

LECHE FLAN
(Custard)

| | |
|-------------|-------------------------|
| 8 egg yolks | 2 C fresh milk |
| 1 C sugar | 1 lemon rind or vanilla |

Scald the milk in a double boiler for 15 minutes. Blend the egg yolks with the sugar, milk and flavoring. Pour into a mold lined with caramelized sugar. Place this in a bigger pan half-filled with water and bake until the mixture becomes firm. Cool before removing from mold.

Caramelized Sugar

1 C brown sugar
 $\frac{1}{4}$ C water

Dissolve sugar in water and cook over moderate heat until the sugar browns. Line mold with $\frac{3}{4}$ of the caramelized syrup and save the remainder to dribble over the top of the cooked Leche Flan.

Doris Willis

PUTO
(Dessert)

| | |
|-------------------|-------------|
| 2 C flour | 2 C milk |
| 1 C sugar | 2 eggs |
| 2 T baking powder | 1 t vanilla |

Mix together. Pour into small muffin pans. Place these in a larger pan with water. Cover and steam until done. Cook 20-25 minutes at 375 degrees. I like mine with grated coconut on top.

Viola Bravo

ORIENT



CHINA

LUCKY CHINESE PUNCH

- 4 C chilled Hawaiian Punch, rosy red flavor
- 1/3 C lemon or lime juice
- 1/3 C grenadine
- 1 qt ginger ale, chilled
- Ice cubes, orange slices, and lemon slices

Pour punch into pitcher or serving bowl; stir in lemon juice and grenadine. Gradually stir in ginger ale. Add ice cubes, orange slices, and lemon slices.

Winnie Pannell

CUCUMBER DIP

- 1 pt sour cream
- 1 pkg dehydrated onion soup
- 1/4 C lemon juice
- 1 t sugar
- 2 medium cucumbers cut in wedges (may be peeled or unpeeled)

Mix sour cream, onion soup, lemon juice, and sugar; use mixture as dip for the cucumber wedges. Bite-size sections of raw cauliflower may also be used.

Blanche Zimmerman

CANTONESE SALAD

(Serves 6 to 8)

- 2 tomatoes, cut into small wedges
- 1 C each, celery and radishes, sliced thin
- 1 can (16 oz) bean sprouts, drained
- 1 green pepper, seeded and cut in small strips
- 2 T salad oil
- 2 T soy sauce
- 1 T cider vinegar
- 1 T grated onion
- Salt and pepper to taste

Toss vegetables together and chill well. Just before serving, stir salad oil, soy sauce, vinegar and grated onion together and mix well. Pour dressing over salad; mix lightly, salt and pepper to taste, and serve.

Winnie Pannell

EGG ROLLS

- | | |
|---------------------------|----------------------------|
| 1 lb pork shreds | 2 t sherry |
| ½ lb shrimp | 2 t cornstarch |
| 1 lb Chinese (celery) | ½ t sugar |
| cabbage, chopped | 6 eggs |
| 1 can bean sprouts | Fresh ginger root slices |
| 2 C finely chopped celery | Peanut oil |
| 1/3 C chopped mushrooms | Egg roll skins (see below) |
| (optional) | ½ t monosodium glutamate |
| 3 t salt | (MSG) |

Clean shrimp. Cut into ½" pieces and mix with sherry and ½ t cornstarch. Mix pork with ½ t cornstarch and 1 t salt. Heat 2 T oil over high flame and brown few slices of ginger root. Remove. Add vegetables. Stir rapidly 2 minutes. Add 1 t salt, ½ t sugar, and ½ t MSG. Cover. Cook over low flame for 5 minutes. Remove. Mix in 1 t cornstarch. Cool thoroughly. Heat 2 T oil over high flame with ginger root. Remove ginger root. Add pork, stirring until white. Add shrimp; stir-fry until pink (2-3 minutes). Remove. Cool thoroughly.

Beat eggs with 1 t salt. Reserve small amount (2 T) and scramble remainder. Mix cooled ingredients thoroughly. Put about ¼ C filling on skin. Fold in edges, roll up. Seal with reserved egg. Deep fry until golden. Egg roll skins may be made by the recipe below (a tedious job) or purchased in Chinese food store.

Carol Bond

$\frac{3}{4}$ C

$\frac{3}{4}$ C water

Carol Bond

b ground round bo

1 doz eggs

1 bunch spring onions

$\frac{1}{2}$ t ginger

1 T sugar

6 T soy sauce (or more for taste)

Fry beef, with onions, ginger, sugar, and 3T of soy sauce until meat is dry. Break eggs into a bowl, and add 3T soy sauce. Beat until fluffy. Add cooked meat to raw egg mixture. Have hot greased griddle ready, and pour mixture about the size of small pancakes. As mixture congeals, roll into miniature omelet forms. Serve very hot with steamed rice and hot tea.

Cora Mae Baldwin

ole chicken breasts

14-oz can button mushrooms

1 sweet green pepper

2 T peanut oil

1/2 t salt

1 t cornstarch

Carol Bond

CRISP NOODLE CHICKEN

- 1 broiler-fryer chicken, cut up
- 1 can (10½ oz) cream of mushroom soup
- 1 C dairy sour cream
- 3 T (½ pkg) onion soup mix
- 1/8 t pepper
- 1 can (3 oz) chow mein noodles

Place chicken in single layer in shallow casserole. In a bowl combine soup, sour cream, soup mix, and pepper; blend thoroughly. Spread over chicken; sprinkle with noodles. Bake 1½ hours at 350 degrees or until chicken is tender. Yields approximately 4 servings.

York Kiker

BOMBAY CHICKEN

- | | |
|----------------------|------------------|
| 1 frying chicken | 1 T soy sauce |
| Flour, salt, paprika | 2 T oil |
| Cooking oil | ½ t ginger |
| ½ C sherry | 2 t sesame seeds |
| 2 T brown sugar | |

Cut up chicken. Dredge in flour, salt, and paprika. Brown in oil. Put in baking pan and pour the remaining ingredients over it. Cover pan with foil and bake at 375 degrees for 45-60 minutes. Serve with rice.

Sue Drexler

SWEET DRY COOKED SPARERIBS

- | | |
|-----------------|---------------|
| 2½ lb spareribs | 4 T soy sauce |
| 2 C water | 1 t salt |

Bring to boil over high flame. Simmer 45 minutes to 1 hour. Skim fat.

Add:

- 3 T sugar
- 2 T sherry
- ¾ C crushed pineapple

Stir over high flame until reduced to a thick sauce which wraps around the meat. Serves 3-4 people.

Carol Bond

SHRIMP TREAT

| | |
|-----------------------|-------------------------|
| ½ lb shrimp | ½ t salt |
| 5 water chestnuts | Dash of pepper |
| 1 t fresh ginger root | 4 slices white bread |
| 1 egg | (2 day old) |
| 1½ t cornstarch | Oil for deep-fat frying |
| 1 t sherry | |

Shell and devein shrimp; then mince with water chestnuts and ginger root (blender may be used). Beat egg lightly. Mix minced ingredients and egg with cornstarch, sherry, salt, and pepper. Blend well.

Trim bread crusts. Spread shrimp mixture evenly on bread, and then cut into quarters.

Lower shrimp side down into boiling oil. Remove pan from heat if necessary to slow cooking. The shrimp squares will float and free themselves from slotted spoon. Turn over for last few seconds until bread is golden. Drain on paper towel. Serve hot. A dash of Virginia ham minced into the shrimp is good! To keep warm, place on cookie sheet in 275-degree oven. May be frozen and then reheated in 350-degree oven. Leftovers may also be frozen and then reheated in same manner.

Laurie De Buys Pannell

FRIED SHRIMP, CHINESE STYLE

- 1 lb fresh or frozen shrimp
- 4 to 5 drops ginger juice (squeeze minced ginger root in a garlic squeezer)
- 1 t sherry
- 1 t cornstarch
- 1 t salt
- 1 t Accent
- 1 spring onion cut into pieces 2" long
- 1 C cooking oil
- 2 slices fresh ginger root

Rinse and shell shrimp; remove intestinal veins by slitting the shrimp down the back and lifting out the black vein. Slice shrimp diagonally into 3 or 4 equal pieces. Mix well with ginger juice, sherry, cornstarch, salt, Accent, and onion.

Heat 1 C oil in skillet over high heat (about 375 degrees) until hot. Fry until brown. Drain on paper towel and serve hot.

Eleanor Anderson

PORK CHOP SHANGHAI STYLE

| | |
|---------------------------------|--------------------------------------|
| 4 pork chops | $\frac{1}{4}$ t monosodium glutamate |
| 1 T oil | (MSG) |
| $\frac{1}{2}$ C onion, shredded | 1 T brown sugar |
| 3 T soy sauce | $\frac{1}{2}$ C water |

Fry pork chops in oil. Brown well. Then remove to plate. Keep chops warm. Fry onion until light brown. Return chops to skillet. Add soy sauce, MSG, brown sugar, and water mixed well. Cook slowly 5-10 minutes (uncovered) or until done.

Sue Drexler

SWEET AND SOUR PORK NO. 1

| | |
|----------------------|-----------------------------|
| 1 t sherry | $\frac{1}{4}$ t pepper |
| $\frac{1}{4}$ t salt | 1½ lbs pork cut in 1" cubes |

Marinate pork in first 3 ingredients for 15 minutes.

Batter for pork:

| | |
|-------------------------------------|---------------------------------|
| $\frac{1}{2}$ C flour | 1 T beaten egg |
| $\frac{1}{4}$ C powdered cornstarch | $\frac{1}{2}$ C water minus 1 T |
| $\frac{1}{2}$ t baking powder | 1 t cooking oil |

Mix batter ingredients. Thoroughly douse pork cubes in batter. Drop pork cubes one by one into 2" of heated oil. Fry. Put fried pork aside and keep warm.

Pineapple and vegetables:

| |
|--------------------------------------|
| $\frac{1}{2}$ C pineapple chunks |
| $\frac{1}{2}$ C chopped carrots |
| $\frac{1}{2}$ C chopped green pepper |

Parboil carrots and green pepper for 1 minute in boiling water. Put pineapple, carrots, and pepper aside.

Sweet and sour sauce:

| | |
|-------------------------|--------------------------------------|
| $\frac{3}{4}$ C sugar | $\frac{1}{4}$ t monosodium glutamate |
| $\frac{1}{3}$ C ketchup | (Accent may be used) |
| 1 T soy sauce | $\frac{2}{3}$ C water |
| $\frac{1}{4}$ t salt | 1 T vinegar |

Put all ingredients in saucepan on low heat. Mix $\frac{3}{2}$ T cornstarch with 3 C water and add to sauce. Heat and add 1 T from oil used for frying pork. Pour sauce over pork, pineapple, and vegetables.

Mrs. Stephen Swain

SWEET AND SOUR PORK NO. II

Brown 2 lbs cubed, lean pork tenderloin in fat; salt and pepper as desired. Add 1 beef bouillon cube and 3 C water. Simmer 30 minutes.

Mix: 2 chopped green peppers
1 medium chopped onion
1 small can pineapple tidbits
Cook mixture 10 minutes.

Blend and add to cooked mixture:

| | |
|-------------------------|---------------------------------|
| 3 T cornstarch | 2 T soy sauce |
| $\frac{1}{4}$ C sugar | $\frac{1}{2}$ C pineapple juice |
| $\frac{1}{4}$ C vinegar | |

Cook 5 minutes. Serve over hot rice. Makes 4 servings.

Doris Bowman

SWEET AND SOUR SAUCE WITH PORK (Or Duck, or Beef)

| | |
|---|---|
| Small pork loin roast, chopped bite-size | 1 bunch chopped spring onions |
| 2 T sugar | 1 small chopped green pepper (not hot) |
| 1 t ginger powder | 1 T vinegar |
| 6 T soy sauce | |

Add above ingredients to chopped meat and place in covered pan. Cook in oven at 375 degrees until meat is well done. Approximately $\frac{1}{4}$ C water can be added, if more liquid is desired.

Sauce:

| | |
|---------------------------|---|
| 1 T flour | 2 chopped spring onions |
| 4 T sugar | $\frac{1}{2}$ chopped green pepper (not hot) |
| 3 T vinegar | 1 small can chopped mushrooms |
| 1 t ginger powder | 1 can water chestnuts (sliced) |
| $\frac{1}{2}$ C soy sauce | |

Assemble first five ingredients and cook by gravy method (add needed water). Add vegetables last. Let simmer on low heat. When meat is well done, pour sauce over it. Cover and simmer in oven at least 20 minutes more before serving. Serve with steamed rice.

Cora Mae Baldwin

PORK MANDARIN

- 1½ lb boneless lean pork cut in 1" cubes (pork tenderloin)
- 2 T salad oil
- 1 C chicken broth
- 1 can (11 oz) mandarin orange sections
- ¼ C corn syrup
- 2 T soy sauce
- 2 T vinegar
- 2 T cornstarch
- 1 t ground ginger
- 1 small onion, thinly sliced and separated into rings
- 3 C hot cooked rice

Brown meat in hot oil; add broth, and cover and simmer 1 hour or until tender. Drain oranges, reserving syrup. Combine orange syrup, corn syrup, soy sauce, and vinegar. Blend in cornstarch and ginger. Add to meat, and cook and stir until mixture thickens. Add oranges and onion rings. Heat through. Serve over rice. (Add a little water if sauce appears too thick. Serves 4-5.

Winnie Pannell

CABBAGE – PEPPER AND PORK (OR BEEF)

- 1 medium head cabbage
- 6 green peppers (not hot)
- 2 bunches spring onions
- Small pork loin roast, chopped bite-size

OR

- 1 pkg stew beef, chopped bite-size
- ¼ t ginger
- 2 T sugar
- 6 T soy sauce

Chop 1 green pepper with 1 bunch spring onions. Add to cut-up meat and sprinkle with ginger, sugar, and soy sauce. Put in covered pan, and cook in oven at 375 degrees until well done. Cut cabbage, remaining peppers, and onions. Use large pan and place in layers in the following manner: layer of cabbage; layer of peppers and onions; layer of cooked meat mixture; and sprinkle of sugar, soy sauce, and water. Repeat this process until all is in pan. Cook on high heat for 20 minutes. Try not to over-cook; vegetables should be crunchy. Serve with rice.

Cora Mae Baldwin

CHINESE PEA PODS AND BAMBOO SHOOTS

1 pkg frozen pea pods (thawed)
½ C sliced bamboo shoots
2 T oil in hot skillet
2 T soy sauce
¼ t MSG (monosodium glutamate)
1 t sugar

Drain pea pods. Heat oil in hot skillet; add vegetables, soy sauce, MSG, and sugar. Stir and cook 3 minutes only. Serve hot.

Sue Drexler

BEAN SPROUTS How to Grow Them

Soak ½ C mung beans overnight in lukewarm water. Next morning place in collander with a clean cloth (cheese) over bottom. Then put inside another pan with cover. Water the beans 4 times a day. Keep covered. Pour off excess water. In 4-6 days you will have bean sprouts . . . FRESH . . . and so much better than canned. Use them in egg roll, fried rice, etc.

Sue Drexler

UNCOOKED CHOW CHOW

| | |
|------------------|------------------------|
| 1 medium cabbage | 3 green tomatoes |
| 2 onions | 2 green or red peppers |

Sauce:

| | |
|-------------------------|-----------------|
| 2-2½ C sugar, or less | 1 t celery salt |
| according to taste | 1 t cloves |
| 4 t salt | 1 t paprika |
| 1 t black pepper | 1 pt vinegar |
| 1 t turmeric (optional) | |

Chop all vegetables fine. Pack in jars. Do not seal. Mix all ingredients for sauce, stirring well until sugar is dissolved. Pour sauce over chopped vegetables. Chill well before serving. (Keeps well refrigerated for several days.)

York Kiker

CHINESE ALMOND COOKIES

(from "The Art of Chinese Cooking" by Mimie Ouei)

| | |
|------------------------|---------------------------|
| 1½ C flour | Pinch of salt |
| ½ t baking powder | ¾ C sugar |
| ½ C sesame seed oil | 1 egg |
| (I used vegetable oil) | 20 whole blanched almonds |
| ¼ C ground almonds | (or use ½ almonds on |
| ½ t almond extract | smaller cookies) |

Sift the flour and baking powder in a mixing bowl. Slowly add the oil and mix well. Add the almonds, almond extract, sugar, salt and whole egg and stir thoroughly. This should be a stiff dough, but if it is too stiff to work with, add a drop of water at a time until the dough is pliable. Form into small balls and press into cookies ½" thick and about 2½" in diameter. Place an almond in the center of each cookie. Place on lightly greased cookie sheet and bake in a preheated oven at 350 degrees for about 15 minutes or until they are light brown in color. Cool and serve.

CHINESE ALMOND CAKES

(from "A World of Good Eating")

| | |
|------------------------------|------------------------|
| Sift into large bowl: | 2½ C all-purpose flour |
| | ¾ C sugar |
| | ¼ t salt |
| | 1 t baking powder |
| Blend in with pastry cutter: | ¾ C lard |
| Beat together and add: | 1 egg |
| | 2 T water |
| | 1½ t almond extract |

Mix as you would pastry and when thoroughly blended, form into balls about the size of a walnut. Place on cookie sheet and press with heel of your hand to flatten. Press one whole blanched almond into the top of each cookie and brush cookie with slightly beaten egg white. Bake at 350 degrees about 20-25 minutes. About 36 cookies.

TAIWAN

FRIED RICE

(For a Yummy Quick Supper)

- ½ to 1 C diced tomato
- 1/8 C finely chopped green pepper
- 1 C bacon (bits and pieces) fried crisp. Save 3 T of fat. Use chopped ham or chopped pork with bacon bits to make 1 C.
- ½ to 1 C leftover string beans, peas, corn, or whatever you have
- 1 small onion finely chopped
- 2 eggs lightly beaten (to be scrambled)
- 4 to 6 C leftover boiled rice

Fry bacon; remove and drain. Fry onion in bacon fat until golden. Add tomato and continue frying. Add more fat if necessary. (Corn oil may be used in place of fat.) Add other green ingredients.

Egg may be scrambled separately and added to rice, or separate grains of rice with hands and heat thoroughly; then add beaten eggs to the rice (with extra oil if needed) and scramble. If rice is not too copious, cook until egg is cooked, stirring so that rice will not stick. Add salt, pepper, and soy sauce to taste.

Serve in rice bowls or on small plates. Pass the soy sauce.

Laurie De Buys Pannell

TAIWAN PORK

- | | |
|--|--------------------------|
| ½ lb pork, cut into small pieces | 3 T soy sauce |
| ½ head cabbage, finely-shredded | 1 t ginger, chopped fine |
| 3 onions, chopped fine | 1 t sugar |
| 3 green peppers, cut into small pieces | 1 pinch salt |
| | 3 T oil |

Heat oil in pan. Add pork and onions. Fry until well done. Add soy sauce and cabbage. Cook until cabbage is done. Add ginger, peppers, salt, and sugar. Serve over hot rice. Serves 6.

Betsy Brown

RED-COOKED SHANGAM DUCK

| | |
|---|---------------------|
| 1 bunch scallions cut in 3" sections | 1 duck (4 to 5 lbs) |
| 2 slices fresh ginger root | 1/8 C sugar |
| Duck giblets | 3/4 C soy sauce |
| 2 or 3 cloves star anise | 1 C water |
| | 1 T sherry |

Place scallions, ginger root, giblets, and anise in heavy pan or Dutch oven. Wipe duck inside and out with damp cloth. Place in pan with breast down. Combine remaining ingredients and pour over duck. Bring to boil; then simmer, covered, for 45 minutes. Turn breast side up and cook covered 45 minutes. Let cool to skim fat.

Heat duck and liquid over medium flame, basting frequently until duck is dark brown and the liquid is reduced to 1 C (about 25 minutes). Place duck on lettuce covered platter; place stars on duck. Strain liquid and serve on side with fresh raw scallions.

Laurie De Buys Pannell

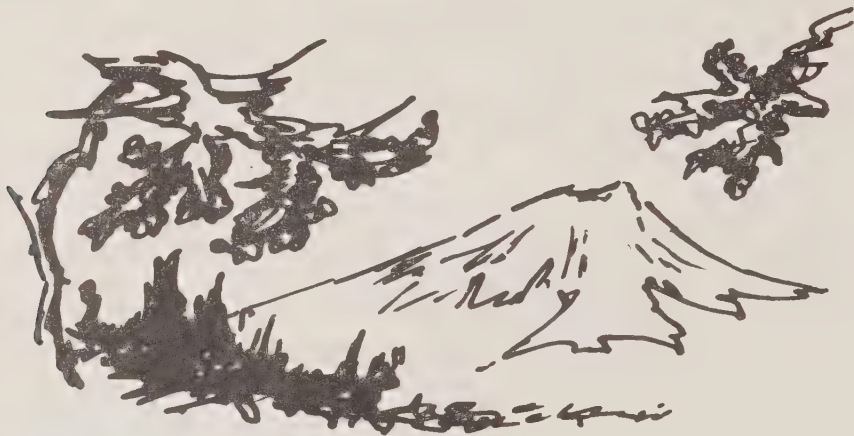
SUGARED WALNUTS

| |
|----------------------------|
| 1½ C blanched walnut meats |
| ½ C sugar |
| 2 C Wesson or peanut oil |

To blanch walnuts, use constant boiling water. Put a few walnuts at a time in a bowl and pour enough boiling water to cover. Use a tweezer or a toothpick. When water cools, pour off and add more boiling water. As soon as the walnuts are soaked well, they are easily cleaned. When all are done, wash and rinse with hot water and drain. While nuts are still damp, add sugar and let stand 4 to 5 hours, turning several times to coat evenly.

Heat oil in pan. When hot, put a few nuts in at a time; stir so the nuts will not be burned. Take pan away from heat if the oil is too hot. When nuts are light brown, take out and drain on brown paper or paper towel. When cooled, the walnuts are crispy.

Laurie De Buys Pannell



JAPAN

COCKTAIL SAUCE DIP

Combine $\frac{3}{4}$ C catsup, 2 T lemon juice, dash of hot pepper sauce, and 2 T white horseradish, drained.

PLUM GOOD DIP

Combine 2 C canned plums, drained and chopped, with 1 (3 oz) pkg cream cheese, 1 t bottled sweet and sour sauce, $\frac{1}{8}$ t ginger, and 2 T peanut butter.

Pat Roberts

CHOW MEIN

- | | |
|---|--|
| 1 lb round or flank steak or 1 lb chicken breast | 1 pkg (10 oz) frozen peas |
| 2 T oil | 1 divider-pak can (1 lb-8oz) mushroom chow mein |
| 1 garlic clove, crushed | 1 tomato, cut in 8 sections |
| 1 small onion, thinly sliced | |

Slice steak or chicken breast meat diagonally across the grain. Cut slices into strips $\frac{1}{4}$ " wide. Heat oil and brown meat quickly, stirring to cook all sides. Move to side of pan. Add garlic and onion; cook until onion is transparent. Add peas and can of sauce from chow mein mix. Cook 5 minutes longer until peas are tender. Add drained, canned chow mein vegetables and tomatoes. Cook until heated through. Serve over rice with chow mein noodles. Makes 4 servings.

Pat Roberts

MOO GOO GAI PAN

- | | |
|---|---|
| 2 whole chicken breasts, boned and skinned, and cut in 1" squares | 1 green pepper, cut in squares |
| ½ t salt | 1 can (5 oz) water chest- nuts, drained and sliced (or use sliced bamboo shoots) |
| 1 t cornstarch | 1 T soy sauce |
| 2 T oil | ¼ C blanched almonds, toasted |
| 1 C celery, sliced diagonally | |
| 1 can (4 oz) button mushrooms | |

Shake pieces of chicken with salt and cornstarch. Stir-fry in hot oil until chicken turns white, about 2 minutes. Add celery; cook 2 minutes. Add mushrooms with liquid, green pepper, water chestnuts, and soy sauce. Cook 4 minutes. Add almonds. Makes 4 servings.

In place of chicken, you can substitute one lb of fish fillets, cut into 1" pieces.

Pat Roberts

JAPANESE STEAK ON A STICK

- 2 lbs lean sirloin or rump roast
(slice steak ¼ inch thick into 1" x 2" pieces)

Make marinade:

- ½ C soy sauce
- ¼ t ground ginger
- 1 clove garlic, minced
- 2 T brown sugar
- 1 T lemon juice
- 1 T salad oil

Skewer pieces of steak on wooden skewers. Marinate ½ hour, and broil over charcoal about 2 minutes on each side or to desired doneness.

Serve with baked potato and mixed green salad. (Plenty of hot French bread for the non-dieters.)

Anne Geis

JAPANESE CHOW-HAN

| | |
|---------------------------|------------------------------|
| Safflower oil | 1½ C cooked shrimp |
| 1 clove garlic | 5 to 6 C cooked rice, |
| ½ C chopped onion (fine) | drained dry and chilled |
| ½ C green pepper, chopped | 3 eggs beaten with 3 T water |
| 2 C chopped beef steak | Soy sauce |
| 2/3 C chopped cooked ham | Toasted almonds |

Cook garlic in safflower oil until brown. Remove. Cook onion and pepper until transparent. Brown beef; add ham and shrimp. Cook over medium heat. Add rice, one cup at a time, stirring to separate and brown. Cook eggs on grill in pancake shape. Cut into strips. Add eggs to rice mixture; toss lightly. Season with soy sauce. You may add bean sprouts, water chestnuts, lotus root, or dried chopped mushrooms. Top with finely chopped toasted almonds.

Mrs. William C. Nagel

TEMPURA

Tempura batter:

| | |
|-----------|------------------|
| 1 egg | 2/3 to 1 C water |
| 1 C flour | ½ t salt |

Beat the egg well. Combine flour and salt. Add water. Mix together quickly. Heat 2½ C oil in a deep-fat frying pan to 325 degrees. Dip pieces of cooked sweet potato, shrimp, fish or chunks of any vegetables, or pieces of apple into the batter and fry about 3 minutes. Drain on paper; serve immediately. The shrimp, fish, and vegetable tempura are especially good if dipped into a sauce of:

| |
|---------------|
| ¼ C soy sauce |
| 1 T sugar |
| 1 C water |

Simmer for about 3 minutes. The sauce is served in individual side dishes.

Doris Willis

SUKI YAKI NO. I

Suet
Carrot strips
Onion rings
Bean sprouts
Potato strips
Sirloin roast (sliced thin)
Soy sauce

Place suet in frying pan and render fat for frying. Add vegetables in separate mounds. Cover pan and cook slowly, stirring frequently. When vegetables are done, add meat and cook only long enough to change the color of the meat. Add soy sauce. Serve.

Anne Geis

SUKI YAKI NO. II

Preparation time: 20 minutes, including slicing meat and checking spinach

1 lb frozen round steak (partially thawed) sliced thin
6 scallions cut into 3" lengths
1 C coarsely sliced onions
1 C fresh spinach (1 pkg watercress or southern greens may be used . . . FRESH)
1 C sliced mushrooms (drained canned ones O.K.)
1 sliced bamboo shoot (drained canned ones O.K.)
Soybean curd cubes (optional)
¼ C Saki (¼ C soy sauce, 2 T sherry, and 1½ T sugar)
Shirataki (optional)(like Vermacelli and is used in place of rice)

Heat skillet (electric fry pan is perfect). Rub with suet. Add meat and sear both sides. Add remaining ingredients except Saki. Cook over high heat 3 minutes.* Add Saki. Reduce heat and simmer 5 minutes. Stir gently. Serve over steamed rice.

*Note: Do not overcook. Follow cooking times exactly. Vegetables should be crisp when eaten.

Mrs. L.A. Matternes

TERI YAKI

Cut round steak into diagonal strips. Marinate 4 or 5 hours in sauce and broil on grill or stove, or fry.

Sauce: $\frac{1}{2}$ C soy sauce $\frac{1}{2}$ C brown sugar (or white)
 2 garlicks, crushed 1 to 2 t ginger (grated)

(You may use fryers. Marinate and bake 1 hour in 325-degree oven.)

Anne Geis

SHRIMP TERIYAKI

1 lb shrimp, cleaned, deveined
(frozen, cooked, cleaned shrimp may be used)

Make marinade of 4T Teriyaki Sauce, $\frac{1}{2}$ C unsweetened pineapple juice, and 2T salad oil. Marinate $\frac{1}{2}$ hour and broil 4 minutes. Serve with rice.

Barbara Rinker

BROILED CHICKEN KYOTO (300 calories)

1 medium broiler, split
 $\frac{2}{3}$ C soy sauce
 $\frac{1}{2}$ C low-calorie ketchup (catsup)
1 t rosemary
Salt, pepper

Combine ingredients and marinate chicken in sauce 1 hour or more. Barbecue over charcoal or in oven, basting several times with the marinade.

Anne Geis

KIYURI BEETS

| | |
|--|---|
| 2 T brown sugar | 1 T butter |
| 1 T cornstarch | 1 T fresh lemon juice |
| ¼ t salt | 1 lb freshly cooked, sliced beets, drained |
| 1 can (8 oz) pineapple tidbits with syrup | ¼ C shredded cocoanut |

Combine sugar, cornstarch, and salt in saucepan. Stir in pineapple with syrup. Cook, stirring until thickened and bubbly. Add butter, lemon juice, and beets. Heat thoroughly. Add cocoanut. Cook 5 minutes. Serves 6.

Mrs. Gray Boyette

JAPANESE BEANS

| | |
|------------------------|------------------|
| ½ C chopped onion | 1 C mushrooms |
| ¼ C vegetable oil* | 1 C bean sprouts |
| 4 C cooked green beans | 6 T soy sauce |

Cook onion in oil until tender; add beans, mushrooms, bean sprouts, and soy sauce. Mix lightly. Simmer uncovered for 12 minutes. Serve with additional soy sauce if desired. Makes 6-8 servings.

*Note: Japanese cooking is always done with vegetable oil (never butter).

Mrs. William C. Nagel
Tokyo, Japan

JAPANESE PIE

| | |
|----------------------------|---------------|
| 2 sticks margarine, melted | 2/3 T vinegar |
| 2 C sugar | 1 C coconut |
| 5 eggs, beaten | 1 C nuts |
| 2 t vanilla | 1 C raisins |

Mix and pour into unbaked shells. Bake at 350 degrees for 40-45 minutes. Makes two 9" pies.

Madeline McNatt

JAPANESE-STYLE UNCOOKED FRUIT SWEETS

- ½ lb dried apricots, dates, or raisins
- ¼ C soft butter
- ½ lb crushed vanilla wafer crumbs
- ¾ C confectionery sugar
- 2 T fruit juice

Mince the fruit. Mix fruit, juice, sugar, and butter. Stir in enough crumbs to make a stiff mixture. Form into balls, or other shapes, and coat with sesame seed. Chill and serve.

Melba S. Avent

VIETNAM

CONG HEL

- 2 lb lean pork (cut into cubes)
- 1 clove garlic
- ½ C soy sauce
- 1½ t black pepper (cut amount of pepper for American taste)

Mince garlic; stir in soy sauce and pepper. Use as a marinade for meat for ½ hour. Fry pork cubes in deep fat (Wesson oil) until well done. Serve with boiled rice.

Mrs. Hong Cochrane

BEEF IN OYSTER SAUCE

Flank steak (1½ lb to 2 lb piece)

Oyster sauce (can be obtained in cans in chinese or gourmet food shops)

Cut steak into strips. Saute steak in oyster sauce until tender. Serve over shredded lettuce.

Mrs. Norman Sulkin



INDIA

LENTIL SOUP

- | | |
|--|--------------------|
| $\frac{1}{2}$ lb lentils (whole moong) | 1 t butter |
| $\frac{1}{4}$ t tumeric | Medium sized onion |
| 2 T tamarind juice | Salt to taste |

Wash and soak lentils for an hour. Then boil them, with the chopped onion, for 45 minutes. Strain. In another saucepan put butter, salt, and tumeric and enough water to cover the contents. Boil for a few minutes and then add the tamarind juice (Kala Chana). Cook for another five minutes and serve.

Saleem Peeradina

MINCED MEAT WITH LENTILS

- | | |
|---------------------------------------|------------------------------|
| 2 medium sized onions | $\frac{1}{2}$ t curry powder |
| $\frac{1}{2}$ t garlic | Salt to taste |
| 4 T yogurt | 1 lb minced meat |
| $\frac{1}{2}$ t cumin | $\frac{1}{2}$ t chili powder |
| $\frac{1}{2}$ lb masoor dal (lentils) | Lemon juice |
| 3 oz oil | |

Fry the sliced onions until golden brown. Add all the ingredients except the lemon juice. Fry for ten minutes. Add $\frac{1}{2}$ pint of water and cook until both lentils and meat are tender. Add water while cooking if the curry seems too dry. Add lemon juice when done. Serve with rice or on toast.

Saleem Peeradina

SAT BABI

- 1 lb lean pork cubes
- 2 medium onions, chopped
- 1 clove garlic, minced
- ½ t crushed red pepper
- 1 t curry powder
- ¼ C dark brown sugar
- 1 T soy sauce
- 3 T vegetable oil
- 1 C santen (fluid obtained when shredded coconut is soaked in warm water and strained)

Fry onions, garlic, red pepper, and curry powder in oil. Mix in other ingredients, except pork cubes. Cook for five minutes. Marinate pork in this sauce for several hours. Place pork cubes on skewers and broil for 30 to 45 minutes, basting regularly with the following sauce:

Sauce for about 1 lb of meat:

- 2 T peanut butter
- 1 C santen
- 1 t red pepper
- Soy sauce, vinegar, brown sugar

Mix all ingredients and heat over low heat. If sauce is too thick for basting, thin with milk or santen.

Ellen Frens

INDIAN CURRIED CHICKEN (Or Pork or Beef)

Medium-sized chicken (or small pork roast, chopped, or stew beef, or left-over roast)

- 2 white onions
- Salt and pepper

Stew meat with onions in plenty of fluid until very tender. Bone chicken and add 2 T curry powder and 1 T flour mixed with a little water to make a gravy consistency. Simmer at least 1 hour.

Serve with steamed rice and condiments: peanuts, raisins, chopped boiled eggs, coconut, and Major Gray's Chutney. To complete the meal, serve finger rolls for bread, hot tea for beverage, and fruit compote for dessert.

Cora Mae Baldwin

KORMA

This authentic dish is submitted because it is quite tasty, inexpensive, and it brings to our table fond memories of our friends in other lands.

- | | |
|---------------------------|-------------------------------|
| 1 small onion, chopped | $\frac{1}{4}$ t tumeric |
| 2 T oil | $\frac{1}{2}$ t coriander |
| 1 lb stew meat (any kind) | $\frac{1}{4}$ t garlic powder |
| 1 t salt | 1 medium tomato, chopped |
| $\frac{1}{4}$ t ginger | |
| Dash red pepper | |

Brown onion in oil. Add meat and brown. Add salt, ginger, pepper, tumeric, coriander, garlic powder, tomato, and water to cover. Cover pot. Cook over low heat until meat is tender and almost all liquid is gone (uncover for last few minutes if necessary). Then add sauce ingredients and cook 20 minutes uncovered over medium heat.

Sauce:

- 4 whole dried prunes, $\frac{1}{2}$ C tomato sauce, 1 C water (if needed), 1 t cumin seed, $\frac{1}{2}$ t cinnamon, and 3 whole cardamom pods, seeds only.

Mrs. Gerry D. Martin

INDIAN CHICKEN

Marinade (for 3 chickens):

- 1 lb sour yogurt (plain)
- 2 t chili powder or paprika
- 6 cloves garlic
- 1 t black pepper
- 6 T vinegar
- 1 oz each ginger, coriander, and cumin seed
- 6 cardamom seeds, powdered
- $\frac{1}{4}$ lb butter
- Juice 1 lime
- 3 t salt

Mix all ingredients in china bowl and marinate chicken pieces overnight. Bake pieces about 1 hour. Serve with slices of lime and lemon.

This recipe was given to me by a former neighbor who was from New Delhi.

Mrs. Robert Carlson

CURRIED CHICKEN AND SHRIMP

| | |
|-------------------------------------|-----------------------------|
| $\frac{1}{4}$ C butter or margarine | 1 C milk |
| $\frac{1}{4}$ C flour | $\frac{1}{2}$ C heavy cream |

(For a low-calorie approach, the following ingredients can be substituted for the above four ingredients: 2 C chicken broth, 2 T cornstarch, $\frac{1}{2}$ C buttermilk)

1 lb shrimp, cooked, peeled, and cleaned

3 C diced cooked chicken

Juice of $\frac{1}{2}$ lemon

Salt and pepper

Make sauce, add to meat, serve over rice with condiments (chopped green onions, water chestnuts, salted peanuts, chutney, cocoanut).

Winnie Pannell

SPICED LENTILS

| | |
|-------------------------|-------------------------------|
| 8 oz lentils (urad dal) | $\frac{1}{2}$ t chili powder |
| 1 t coriander seeds | $\frac{1}{2}$ t cumin seeds |
| $\frac{1}{2}$ t tumeric | $\frac{1}{2}$ t ginger powder |
| 1 medium sized onion | 3 oz oil |
| Salt to taste | |

Wash the lentils and soak them in water for a couple of hours. Drain off the water. In a saucepan heat the oil and fry the cumin seeds for a few minutes. Add the remaining ingredients except the onion. Fry for a few minutes and then add water to cover the contents of the saucepan. Cook until the lentils are tender and the water is absorbed. In another pan fry the sliced onions until golden brown. Add it to the lentils and serve.

Saleem Peeradina

FRIED POTATOES

| | |
|---------------------------|-----------------------------|
| 5-6 big potatoes | Pinch of tumeric |
| 1 t grease for frying | Green peppers (as desired) |
| $1\frac{1}{2}$ big onions | Salt, lemon juice, sugar to |
| 1 t mustard seeds | taste |

Boil potatoes. Peel and cut into small pieces. In frying pan add grease. When hot, add mustard seeds, tumeric, onion pieces, green peppers, salt, sugar, and lemon juice. Stir well. Add potatoes and mix well. Serve with bread. This is good with Indian bread. They are called puree or chapati.

Mrs. Shaila A. Uppin

GULABJAMUN

(Dessert)

| | |
|-----------------------------|------------|
| 1 C Carnation powdered milk | ½ t Crisco |
| ½ C Bisquick | 3 C sugar |
| 2½ C Crisco for frying | 1½ C water |
| ¼ C milk | |

For this dessert you have to make your own syrup. Combine sugar and water and boil, stirring and checking to make sure syrup is not too thick. If syrup thickens, add a little more water. When ready, put aside to cool. In a mixing bowl place Carnation, Bisquick, and ½ t Crisco. Mix well with milk and make a dough. Shape into balls smaller than a meat ball. In frying pan, heat Crisco and fry balls until brown. Then place in syrup for about 30 minutes. Serve. Makes about 50 balls. Do not keep in refrigerator. Will keep 10-15 days.

UPMA

(Breakfast)

| | |
|--------------------------|--------------------------|
| 1 C cream of wheat | 3 t grease |
| 1 C water | ¼ t mustard seeds |
| 1 medium onion | Salt, sugar, lemon juice |
| 1 small green pepper | (according to taste) |
| ½ C fresh grated coconut | Pinch of tumeric |

In a medium frying pan heat grease. When it is hot, add mustard seeds, onions, and tumeric. Add salt, pepper, sugar, and lemon juice according to taste. Add 1 C water. Stir well. Add cream of wheat, and mix well. Keep on medium heat. Cover and let steam for 5-10 minutes. Add a spoonful of grease on top and leave for 1-2 minutes. When ready to serve, add fresh coconut on top. (Parsley, sesame seed may be used.) It cannot keep for more than 1 day. Makes 4 servings.

INDIAN BREAD

Chapati . . . Poli

| | |
|-----------------------|---------------|
| ½ C whole wheat | Pinch of salt |
| ¼ C all-purpose flour | 1 t Crisco |

In a mixing bowl mix above ingredients. Add water to make proper dough. Make small balls of dough and roll each ball into a round shape and very thin. In frying pan with grease, fry these balls on both sides until brown. Makes 10-12 Chapatis. Serve with potatoes or other vegetables. Cannot keep for more than two days.

Mrs. Shaila A. Uppin

MIDDLE EAST



ARABIA

SPICED CHICKEN

- | | |
|---|---|
| 1 4 or 5 lb roasting chicken, cut up as for frying | $\frac{1}{2}$ pt heavy cream or $\frac{1}{2}$ pt white, dry wine |
| $\frac{1}{4}$ lb butter or margarine | 1 t ground ginger |
| 1 T salt | $\frac{1}{2}$ t nutmeg |
| 1 t pepper | $\frac{1}{8}$ t paprika |
| 1 t cinnamon | |

Wash chicken pieces and dry thoroughly. Rub with salt and pepper and brown in the butter or margarine. Mix spices into cream or wine and pour over chicken. Cover and let simmer until chicken is tender. Remove cover and continue simmering until gravy thickens. Serve with rice.

Nivosie Stirewalt

SHISH KEBAB

- | | |
|----------------------------|-----------------------------|
| 1 leg of lamb (about 5 lb) | $\frac{1}{2}$ t pepper |
| $\frac{1}{2}$ lb onions | $\frac{1}{2}$ C sherry wine |
| 1 T salt | 2 T olive oil |
- Season according to taste with salt and pepper

Take all fat and gristle from leg of lamb. Bone it and cut into 1" squares. Slice onions, mix with meat and other ingredients. Keep at least a few hours, overnight preferably. Stick on skewers and broil on charcoal fire or on gas broiler.

Eleanor Lightner

LAHM MASHWEYE (An Arabian Meal)

My favorite meat in dining with the Arabs of the Hashemite Kingdom of Jordan was Lahm Mashweye, translated: roasted meat. It is very much like Shish Kebab, the Turkish name. Among the people of the Gilead Mountains, lamb was the meat used. Tender beef can be substituted, preferably a sirloin tip roast cut into 1"x2" chunks. Chop fresh parsley and onion fine and mix with the meat one hour before cooking, adding a cup of the onion and parsley per three pounds of meat. Add salt and pepper plus half a cup of olive oil. Cover the mixture in a bowl and set it aside while preparing the rest of the meal.

Cook rice by your favorite recipe, enough to make a generous bowlful for each guest. Brown pine seeds in the oven, $\frac{1}{2}$ C per guest. Prepare a tossed salad, using olive oil and lemon juice for the dressing. Have hard rolls ready to brown when the meat is done.

The meat will taste best roasted over charcoal, as the Arabs do it, serving each skewerful piping hot. Put about six pieces of the meat on each skewer and roast on each side, allowing the onion and parsley to cling as much as possible.

There is a small ritual in serving the meal. First the rice is placed on the guest's plate, explaining that it represents the snow-covered mountains. Next the browned pine seeds are sprinkled on top to indicate the barren areas at the summit. Then the hot pieces of meat are placed on top. Cover it with a generous serving of sour cream. At the base of the "mountain" place the salad to represent the green valleys. Serve with hot tea, and end the meal with fresh fruit, followed by a tiny cup of Turkish coffee.

The meal will not be properly done without the art of conversation, as the marvelous hosts of Gilead practice it. The joy is increased if you can roast the meat at the table or have the meal out of doors beside your grill, roasting fresh supplies of meat as you eat.

Jane Carroll McRae

HAIGAGAN KEBAB

2 lbs shoulder of lamb cut in 4 pieces
2 green peppers (cut in 4 pieces)
2 tomatoes (cut in 4 pieces)
1 onion (cut in 4 pieces)
1 eggplant (cut in 4 pieces)
Salt and pepper
Aluminum foil

Prepare 4 foil packages in the following manner:

Take 8 oz piece of lamb, $\frac{1}{2}$ pepper, $\frac{1}{2}$ tomato, $\frac{1}{4}$ onion, $\frac{1}{4}$ eggplant, salt and pepper, and wrap in foil. Place in a roasting pan and bake in oven for $2\frac{1}{2}$ hours at 350 degrees. Do not turn package or cover pan. Do not use water as there is enough moisture in vegetables and meat to give you natural gravy in the package.

Eleanor Lightner

MASHED POTATO CASSEROLE

| | |
|-------------------------|---------------------------------------|
| 4 large baking potatoes | $\frac{1}{3}$ to $\frac{1}{2}$ C milk |
| 1 egg | 2 T butter |

Peel, boil, and mash potatoes. Add remaining ingredients to mashed potatoes and mix well. Set aside. This mixture should be quite moist.

2 - 3 T pine nuts, sliced almonds or English walnuts
1 medium onion, chopped
 $\frac{3}{4}$ lb ground chuck

Brown nuts in a little butter... be very careful as these scorch easily. They should be a very light golden color. Set aside. Next brown onion and ground chuck together. Add salt, pepper, and nuts. Remove from heat.

Grease an 8"x10" Pyrex dish. Make layers as follows:

1. Half potato mixture
2. All meat mixture
3. Rest of potato mixture
4. Sprinkle top generously with bread crumbs

Bake 30 minutes in a 375 degree oven. Cut into diamond shapes to serve.

Cheryl Martin

KIBBEH

- ½ C fresh mint leaves or ¼ C dried leaves
- 10 small scallions or green onions
- 1 lb sirloin steak, cut in very thin 2" strips
- 3 C water (or 1" in a large heavy pan)
- ½ C olive oil
- 1 stick butter
- 1 C pine nuts (Buy these at a health food store)
- 1 lb coarsely ground wheat (cracked wheat)

Chop fine the mint leaves and scallions (including the green tops). Slice sirloin in paper-thin strips. (Steak will slice better if it is partially frozen.) After slicing, allow to thaw and come to room temperature.

Place oil and butter in a heavy skillet. Add pine nuts and half the mint and scallions. Heat slowly, stirring frequently, until the nuts are a light brown. The pine nuts burn easily.

Pour water into heavy pot or pan and bring to a boil. Add the cracked wheat, stirring constantly over a low heat until the water is absorbed and the wheat crunchy but done. Remove wheat from burner and immediately add meat, stirring well until the meat is cooked to desired doneness. (The hot wheat cooks the meat.) Stir in remainder of scallions and mint.

To serve: Pour wheat into a large bowl. Make a hole in the middle of the wheat and pour in the pine nut-butter mixture. Serve with a salad (avocado-and-lettuce is good) and a beverage, and you have a meal.

Mary Marinus

RICE PILAFF

- | | |
|-----------------------|---------------------|
| 3 C rice | 6 C broth (chicken, |
| 1 stick butter (¼ lb) | lamb, or beef) |
| Salt and pepper | |

First melt butter, add dry rice, and braise well until butter begins to bubble. Add broth and seasoning. Mix well. Bake in oven for 30 minutes at 400 degrees. Take out of oven, mix well and continue baking for 20 minutes.

Eleanor Lightner

DATE NUT PIE

| | |
|-------------------|--------------------------|
| 2 eggs, separated | 1 C dates |
| 1 stick butter | 1 C nuts |
| 1 C sugar | 2 T wine or orange juice |

Beat egg whites. Cream together egg yolks, butter, and sugar; beat until cream color. Add dates, nuts, and wine or fruit juice. Fold in well beaten egg whites. Pour into pie crust. Bake at 350 degrees, for 25-30 minutes.

Pie Crust

| | |
|--|------------------------|
| 8 oz cream cheese at room temperature | 1½ C regular flour |
| ½ stick butter | 1½ C Jiffy biscuit mix |
| 4 T Crisco | 1 T sugar |
| | ¼ C sour cream |

Mix and blend all ingredients, except sour cream, until corn meal texture obtained. Then add the cream. Mix well and form into four balls. Chill 2 hours. 1 ball is enough for one pie crust. Wrap the remaining 3 balls and freeze. Can be used any way pastry is used.

Eva Ekvall

HOLIDAY COOKIES

2 C Cream of Wheat, cooked
½ C sugar
¼ lb butter
1/3 C each chopped dates, raisins, and chopped nuts, mixed

Mix the sugar, butter, and Cream of Wheat with the hands until it forms a paste. Pat the dough in the palm of the hand to make a hollow to fill with the date and nut mixture. Fold the edges of the dough over the date and nut mixture and pat smooth. Place on cookie sheet and bake at 350 degrees until faintly brown.

Jane Carroll McRae

SYRIA

TABOOLEY

(Wheat Garden Salad)

| | |
|---|------------------------|
| $\frac{3}{4}$ C cracked (Burghul) wheat | 1 large tomato, finely |
| 1 bunch parsley, finely | chopped |
| chopped | 1 small onion, finely |
| 3 T olive oil | chopped |
| 2 T lemon juice | Salt and pepper |

Place cracked wheat in glass and cover by 3" with hot water. Soak for 15 minutes until wheat is tender. Squeeze wheat through hands to remove excess water.

Add wheat gradually to chopped parsley. (By eye measurement, there should be equal amounts of parsley and wheat.) Add finely chopped tomatoes and onion. Gradually add oil and lemon juice, tasting as you add. You may want to increase or decrease the amount. Also taste for salt and pepper. If salad is not to be served within two hours after making, do not add onion until shortly before serving. Garnish with thin tomato wedges to make sunburst effect.

Cheryl Martin

COUZI

Boil one 2½ lb chicken in water to which 1 t cinnamon, one medium onion chopped, salt, and pepper have been added. When chicken is done, remove meat and tear into small pieces. Set aside. Reserve broth.

To 1½ C of the chicken broth, add ½ C long-grain rice and cook until rice is tender.

While rice is cooking, saute 2 T pine nuts or sliced almonds in butter until very light golden, being careful not to scorch them. Remove nuts from pan, and saute ½ C mushrooms in same skillet. Remove mushrooms and add to nuts. Next saute one medium chopped onion and ¾ lb ground beef in same skillet.

In an 8"x8" pan, arrange layers of rice on bottom, ground beef next, nuts and mushrooms next, and finally topped with shredded chicken. This can be covered and kept in a warm oven for an hour. It can also be served with plain yogurt. Serves 4-6.

Cheryl Martin

SHISH KEBAB

| | |
|------------------------------|--------------------------|
| 3 lbs boned lean leg of lamb | Salt and pepper to taste |
| 3 large onions, quartered | 4 green peppers, sliced |
| 1 C wine | 5 or 6 medium |
| 2 T oil | tomatoes |
| 1 T dried mint | |

Cut lamb or steak into 1½" squares. Make a marinade of onions, wine, oil, and mint and marinate meat in a deep dish for at least 2 hours, preferably overnight. Season when ready to broil. Arrange lamb on skewers, alternating with onion, pepper, and tomato. Broil slowly about 10 minutes. Serves 8.

MEAT PIES

- 2 cans refrigerated biscuits
- 1 lb ground chuck or lamb
- 2 onions chopped
- ¼ C yogurt (or juice of 1½ lemons)
- ¼ C pine nuts, sauteed in butter
- Salt, pepper, and allspice to taste
- 1 T parsley, chopped (Optional)

Each biscuit should be separated in half and stretched. Place 1 to 2 T of meat mixture in center of biscuit. Pinch opposite sides of biscuit together to form square. Bake 15 minutes at 350 degrees on greased cookie sheet. Serve hot. (Good for lunch or as hors d'oeuvres.) Yield: about 3 dozen.

EGGPLANT IN TOMATO SAUCE

| | |
|---------------------------|--------------------------|
| 2 large eggplants | 1 8-oz can tomato sauce |
| 2 cloves garlic, slivered | ½ can water |
| 1 small onion, sliced | 1 T Worcestershire sauce |
| 3 tomatoes | Salt and pepper to taste |

Peel and slice eggplant vertically. Fry in very small amount of vegetable oil until very soft, and drain well. Place eggplant in bottom of casserole dish.

Place garlic cloves and onion on top of eggplant. Quarter tomatoes (unpeeled) and place them in the pot. Then add remaining ingredients. Simmer ½ hour until thickened. This can be served warm or hot. Serves 4-6.

Chryl Martin

STUFFED GRAPE LEAVES

| | |
|---|---------------------------------|
| 1 lb jar vine leaves (Can be purchased at Hickory Farms, or College Beverage Store) | 1 lb ground chuck or lamb |
| | $\frac{1}{2}$ C long-grain rice |
| | 1 t salt |
| | $\frac{1}{2}$ t pepper |

Rinse leaves well. Place them in a pot of cold water and bring to a boil. Let boil 5 minutes. Then drain well in a collander. While grape leaves are boiling, mix ground meat, rice, salt, and pepper together. After draining leaves, gently separate them and pinch off any stem that might be left on. With the rough side facing you, place about $1\frac{1}{2}$ T ground meat mixture in center of leaf — shape meat into shape of finger. Fold sides of leaf toward the center over the meat; next fold base of leaf up over the meat and continue rolling until you have a roll the size of your little finger.

Place rolled grape leaves in bottom of boiler pan stacking them layer on layer until all leaves have been used. Cover leaves with water. Place a saucer on top of them and weight it down with a quart jar full of water — this is to keep the leaves pressed during cooking time. Cook over medium heat for 1 hour — water should gently bubble. Drain most of water off at the end of an hour, leaving just enough to keep bottom leaves from burning, and add 2 oz lemon juice — drizzle over. With weight removed and pot covered, cook leaves 10-15 minutes longer. Mound stuffed grape leaves on platter and serve with lemon wedges. Serves 8-10.

Chryl Martin

HOME CANNED GRAPE LEAVES

About 1 peck young tender wild grape leaves. Only wild variety should be used.

2 C water
 $\frac{1}{2}$ C salt

LEAVES: Wash leaves thoroughly and remove stems. Arrange in stacks of 10-15, slick side on the outside. Roll into rolls and tie with a string. In a kettle, bring to a boil 2 C of water and $\frac{1}{2}$ C salt. Drop bundles into boiling, salted water. After 5 minutes remove one bundle at a time, allow to cool slightly, then arrange tightly into sterilized jars. Pour salted boiling water over and seal immediately.

Arthealia Hollister

STUFFED ZUCCHINI SQUASH

| | |
|--|-------------------------------|
| 8 Zucchini squash | $\frac{3}{4}$ lb ground chuck |
| $\frac{1}{3}$ C uncooked long-grain rice | $1\frac{1}{4}$ t salt |

Using an apple corer and paring knife, remove the seeds and pulp from inside of squash, leaving a hollow squash with about $\frac{1}{4}$ " walls. Mix the rice, meat, salt, and pepper together, and fill cavity of squash. Place the squash in a skillet. Make a sauce from the following ingredients:

| | |
|---------------------------|------------------------|
| 3 garlic cloves, halved | $\frac{1}{2}$ t salt |
| 1 can tomato sauce (8 oz) | $\frac{1}{4}$ t pepper |
| 1 can water | |

Pour sauce over squash in skillet and sprinkle with 2 to 3 T dried mint. Cover and simmer for 1 hour. Serves 6 to 8 as a main course.

Cheryl Martin

APRICOT SOUFFLE

$\frac{1}{2}$ lb dried apricots
 $\frac{1}{2}$ C sugar
Whites of 3 large eggs

Cook apricots until soft. Press through sieve, or puree in blender. Beat egg whites until stiff enough to hold a peak. Butter a souffle dish and sprinkle with the sugar. Fold egg whites into apricots and pour gently into souffle dish. Bake for 15 to 20 minutes in a 400-degree oven.

Nivosie Stirewalt



TURKEY

SWORDFISH SHISH OR KALICHE KEBAB

- | | |
|-----------------------|-----------------------------|
| 1 clove garlic | 1½ lb swordfish, cut into |
| ¼ C chopped parsley | cubes |
| ¼ C lemon juice | 12 cubes sweet onions |
| 2/3 C peanut oil | 12 cubes green pepper or |
| 1 t fresh thyme or | 12 bay leaves |
| ½ t dried thyme | 12 unpeeled cherry tomatoes |
| 3 drops Tabasco sauce | 1 stick butter |
| | Juice of ½ lemon |

Combine first 6 ingredients and add swordfish cubes. Refrigerate for several hours. Arrange cubes of onions, tomatoes, and peppers (or bay leaves) on skewers. Grill on charcoal fire. Serve with lemon butter.

Mrs. Robert Carlson

MEAT AND POTATO CASSEROLE

- | | |
|----------------------------|-------------------------|
| ½ C shortening | ¼ t pepper |
| 1 minced clove of garlic | 1/8 C water (2 T water) |
| 1 C diced onions | 1 C tomato sauce |
| 4 potatoes, pared & sliced | 1/3 C red wine |
| 1 lb ground chuck | 2 bay leaves |
| ½ t salt | |

Brown garlic, onions, and potatoes. Place beef and seasoning in skillet and cook until brown. Arrange in alternate layers in a 2-quart greased casserole dish (potato and meat layers). Combine water, tomato sauce, and wine. Pour over casserole. Place bay leaves on top. Cover and cook at 350 degrees for 30 or 40 minutes. Remove bay leaves before serving.

Mrs. J.D. Brown



LEBANON

CHICK PEA APPETIZER

- | | |
|------------------------------|-----------------------------|
| 1 can garbanzos (chick peas) | $\frac{1}{4}$ C lemon juice |
| 3 T Tahini | 3 T water |
| 1 clove garlic | |

Rinse the chick peas under cold running water. Drain. Puree in an electric blender or rub through a sieve. Mix water and Tahini. Beat the lemon juice in. Mash garlic with salt and add to the other mixtures, mixing thoroughly. Spread on a flat dish and sprinkle finely chopped parsley around the edges. Serve as a dip with potato chips or Lebanese bread.

Mrs. Charles Mack

EGGPLANT APPETIZER

- | | |
|-----------------------------|---------------------------------------|
| 2 2-lb eggplants | 1 clove garlic |
| 3 T Tahini (mixed with | $1\frac{1}{2}$ t salt, cayenne pepper |
| 3 T water) | $\frac{1}{4}$ C chopped parsley |
| $\frac{1}{3}$ C lemon juice | |

Wash and dry the eggplants. Line a broiler pan with aluminum foil and place the eggplant on it. Broil close to the source of heat until the skins are black and eggplants tender. Remove, cool slightly and peel. Beat the Tahini and water, beat in lemon juice, garlic, and salt until thick. Mash the eggplants, mix with other ingredients, and beat until smooth. Spread on a flat dish and sprinkle with parsley and cayenne pepper. Serve as a dip with Lebanese bread or crackers.

Martha Barber

TABBOULEH

(Cracked Wheat Salad)

| | |
|------------------------------|-------------------------|
| 1 C fine cracked wheat | ¼ C olive oil |
| 1 lb tomatoes, chopped | 1¼ t salt |
| ½ bunch chopped green onions | 2 fresh lemons |
| 2 bunches parsley | 2 dashes cinnamon |
| Fresh mint leaves | ½ t ground black pepper |

Wash the wheat, cover with water, and let stand 20 minutes. Drain and squeeze dry. Chop together the tomatoes, green onions, parsley, fresh mint. Add dry wheat, salt, pepper, and cinnamon. Mix; add lemon juice and oil. Mix and serve with lettuce or cabbage.

Martha Barber

LEBANESE POTATO SALAD

| | |
|----------------------------|-------------------|
| 8 medium potatoes | ¼ C olive oil |
| 3 green onions | Juice of 2 lemons |
| ¼ C finely chopped parsley | Salt to taste |

Peel and dice potatoes. Boil until just tender. Drain. Add oil and lemon juice. Cool, and then sprinkle parsley and salt over salad.

Mrs. Mitchell Mack

DRESSING FOR TOSSED SALAD

| | |
|------------------|------------------------|
| 2/3 C olive oil | 2 t salt |
| 6 T dark vinegar | 1 clove garlic, minced |

Mix ingredients together, put in covered bottle, and chill. Shake well before serving.

Mrs. Mitchell Mack

BAKED CHICKEN AND RICE

| | |
|---|--------------------------|
| 2 frying-size chickens (2½ - 3 lbs each) | 1 lb ground beef |
| 1 C rice, slightly cooked | 2 T pine nuts |
| 1 small onion | 2 dashes cinnamon |
| | Salt and pepper to taste |

Brown onion and ground beef. Remove from stove, and add rice, pine nuts, cinnamon, salt, and pepper. Stuff cavity and pocket on either side of breast. Any extra dressing may be put on bottom of pan. Salt and pepper generously. Bake covered in 350-degree oven for 1½ hours or until done.

Mrs. Charles Mack

KIBI

- | | |
|--|------------------|
| 2 C ground round steak, all fat removed | 2 t salt |
| 1 C cracked wheat | 1 t black pepper |
| 1 onion, medium-sized, chopped | ½ t cinnamon |

Soak wheat 10 minutes in bowl of water. Remove and squeeze out excess water with hands. Mix wheat with meat, onion, salt, pepper, and cinnamon. Add a little water while mixing with hands to keep mixture light. Butter a 9"x9" pan and line its bottom with a third of mixture above.

Filling:

- | | |
|-----------------------------------|--------------------------|
| 1 C ground beef | 1 T pine nuts |
| 1 onion, medium-sized, chopped | Salt and pepper to taste |

Fry filling and spread evenly over bottom layer of first mixture. Cover filling with remaining two-thirds of first mixture. Spread evenly and smoothly, keeping hands moist by dipping into water. Cut into triangles, dot a stick of butter on top, and bake about 45 minutes at 400 degrees. Drain excess butter immediately upon removing from oven. Serve with onion wedges.

Mrs. Charles Barber

MEAT PIES

- | | |
|------------------------------------|-------------------------------------|
| 1 lb ground beef | ¼ t black pepper |
| 1½ T pine nuts or Pignolia nuts | 2 t salt |
| 1½ C yogurt (drained) | 1 large onion |
| 2½ or 3 lemons | 1½ pkg frozen Parker House Rolls |
| 3 dashes cinnamon | |

Fry ground beef and onion; add pine nuts, cinnamon, salt, and pepper and fry 5 minutes more. Let cool, add yogurt and lemon juice and mix. Cut defrosted rolls in half and roll 2" in diameter. Place 1 T of meat mixture in center of roll. Let rise 30 minutes. Bake at 400 degrees until brown.

Mrs. Mitchell Mack

GREEN BEAN STEW

| | |
|--------------------------------|------------------------|
| 1 lb stew beef cut into cubes | 1 lb can tomatoes |
| 1 lb snap beans | $\frac{1}{4}$ t pepper |
| 1 T butter | 1 t salt |
| 1 onion, medium-sized, chopped | |

Saute meat with butter until light brown. Saute onion with meat about 10 minutes more. Wash beans and place over meat. Add salt and pepper and simmer for 30 to 40 minutes. Add tomatoes and enough water to cover beans. Cover pot and cook one hour more on low heat.

Mrs. Richard Barber

OKRA STEW

| | |
|---------------------------------------|--------------------------------|
| 1 lb lean beef, or lamb, stew meat | 2 lb canned tomatoes |
| 1 lb okra | 1 onion, large |
| 1 T mint, fresh or dried | Juice from $\frac{1}{2}$ lemon |
| 1 garlic clove | Salt and pepper to taste |
| | Oil for frying |

Fry okra in oil. Drain well. Fry meat, onion, garlic, and mint. Simmer on low heat until tender. Add tomatoes and simmer about 30 minutes. Add okra and lemon juice and cook on low heat about 15 minutes more.

Serve over Lebanese rice.

Mrs. Mitchell Mack

DRIED BUTTER BEAN STEW

| | |
|----------------------------|------------------------------|
| 1 lb beef stew, cubed | 2 T oil |
| 2 C dried large lima beans | 2 t salt |
| 1 C finely-chopped onions | $\frac{1}{2}$ t black pepper |
| 8-oz can tomato sauce | $\frac{1}{2}$ C water |

Brown beef and onions in hot oil. Add $\frac{1}{2}$ C water and simmer until done. While meat is cooking, wash beans. Cover with water in saucepan, boil, then let soak for one hour. Reheat and cook beans until tender, adding more water if necessary to keep beans covered. When both meat and beans are tender, mix together with tomato sauce, salt, and pepper. Cook 30 minutes more, or until mixture thickens slightly.

Serve over Lebanese rice. See recipe in this book.

Mrs. Joe Ikall

STUFFED CABBAGE

| | |
|----------------------|------------------------|
| 1 large head cabbage | 3 lemons |
| 1 1/4 lb ground meat | 1 t dried mint |
| 1 C raw rice | 2 t salt |
| 1 t salt | 1 clove garlic, mashed |
| 1/4 t pepper | |

Cut the core from the cabbage. Put in large pot of boiling water, and with a fork pull each leaf off head as it becomes limp. Set aside until all leaves have been separated. With a knife or scissors, cut the hard center from each leaf. Cut leaves in half if small or fourths if large. Put hard pieces of cabbage at the bottom of pot; set aside until ready to stack rolled cabbage leaves on top. Mix remaining ingredients. Place meat mixture on each cabbage leaf, starting at the end, and roll up like a cigar, working with the grain of the cabbage. Stack the rolls on top of each other; cover with a dish to keep rolls from unwrapping. Add water, salt, garlic, lemon, and mint. Cook over medium heat for about 55 minutes. Serves 6.

Mrs. Charles Barber

STUFFED SQUASH

| | |
|---------------------------|----------------------|
| 1 1/2 dozen yellow squash | 1/4 t pepper |
| 1 Bell pepper | 2 dashes cinnamon |
| 1 lb ground chuck or | 1 qt canned tomatoes |
| 1 lb ground lamb | 1/2 C water |
| 1 C raw rice | 1 t salt |
| 1/2 t salt | 1/8 t pepper |

Cut off both green ends of squash. Start coring end of squash opposite the long neck. Core out all of seeded inside. Cut pepper in half and take out seeds. Rinse both squash and pepper. Mix ground meat, raw rice, 1/4 t pepper, 1/2 t salt, 2 dashes of cinnamon and 1 C of tomatoes. Mix well. Stuff squash and do not pack meat in tightly. Stuff pepper. Place squash and pepper in container with a lid. Pour remaining tomatoes, water, and remaining salt and pepper over them. Put lid on and bake at 350 degrees for 1 1/2 hours. (This can be cooked on top of stove in pot, the same length of time.) Cook the insides of squash with onion for an extra dish. If you have extra filling left over, stuff in eggplant, potato, or tomato.

Mrs. Mitchell Mack

POTATOES AND CHICK PEAS

- | | |
|------------------------------------|------------------------------|
| 1 large onion, coarsely chopped | 1 can chick peas |
| 2 cloves garlic | 2 large potatoes (quartered) |
| | 2 T tomato paste |

Saute onion and garlic in small amount of oil. Add chick peas, and let brown. Add potatoes and liquid from chick peas. Salt to taste and simmer until thick and potatoes are done. Add more water if needed.

Martha Barber

SPINACH PIES

- | | |
|---|-----------------|
| 14 frozen Parker House rolls (defrosted) | 1½ t dried mint |
| 2 boxes frozen chopped spinach | 2 T pine nuts |
| 1 bunch parsley | 3 lemons |
| ½ bunch green onions, or one large onion | 2 T olive oil |
| | 1½ t salt |
| | ¼ t pepper |

Defrost spinach and squeeze out water. Chop parsley and onions very fine. Combine and mix all ingredients, except rolls. Roll defrosted rolls out thin. Put about 2 T of mixture on center of each. Bring all corners of rolls to center and seal. Place pies on greased cookie sheet. Let rise, then bake at 400 degrees until brown.

Mrs. Richard Barber

LEBANESE RICE

- | | |
|----------------|---------------------------------------|
| ½ stick butter | 1 t salt |
| 2 C water | 2 T vermicelli cut in small pieces |
| 1 C rice | |

Cook vermicelli in butter, in heavy sauce pan at medium heat, until light brown. Add water, rice, and salt. Bring to boil on surface unit, cover tightly, and cook over low heat for 15 minutes.

Mrs. Charles Barber

AFRICA

STUFFED VEGETABLES

This mixture may be used to stuff grape leaves, green peppers, zucchini squash, or cabbage leaves.

| | |
|-----------------------------------|----------------------------------|
| 1 C long grain rice (uncooked) | 1 t Accent |
| 1½ lb ground beef | ¼ C tomato paste |
| 1 t allspice | 1 t dried, ground mint leaves |
| 1 t salt | ½ stick butter |
| ½ t black pepper | |

Mix above ingredients together except for butter and tomato paste, and use for stuffing for vegetables. Place in one layer in shallow pan in which the butter has been melted. Dissolve tomato paste in enough water to cover vegetables. Pour over vegetables and bring to boil. As soon as it boils, lower heat to "simmer" and cook until rice is tender. Remove from stove and cool until just warm.

Mrs. Sadek Youssef

MEAT BALLS

| | |
|------------------------------|-------------------|
| 2 lb ground chuck or sirloin | ½ t allspice |
| 2 T bread crumbs (very fine) | ½ t Accent |
| 1 large onion, grated | 1 egg |
| 1 t salt | 1/3 t garlic salt |
| ¼ t black pepper | |

Put meat in large bowl and mix in above ingredients. Shape into balls and place them on a baking tray or cookie sheet. Bake in 375 degree oven for 20-25 minutes or until meat is well done. Serve hot.

Mrs. Sadek Youssef

EGYPTIAN RICE

| | |
|----------------------------------|----------------|
| 2 C long grain rice, uncooked | 1 C water |
| 3 C milk | 1 t salt |
| | ¾ stick butter |

Grease deep baking dish with butter. Pour rice into dish. Stir salt into liquids, mixed together. Pour liquids over rice and stir. Bake for 40 minutes at 400 degrees, then lower heat to 350 degrees for 10-15 minutes longer or until sides are a very light golden brown.

Mrs. Sadek Youssef

COUSCOUS

| | |
|-------------------------------------|--|
| ¼ C butter or margarine | 3 carrots, cut into 1" pieces |
| 2 lb lamb ribs, cut up | 1 green pepper, seeded, then cut into sixths |
| 2 to 2½ lb fryer, cut up | 1 C cracked wheat |
| 3 medium onions, peeled and chopped | 2 C water |
| 2 t salt | 1½ C boiling water |
| ½ t black pepper | |
| ¼ t cayenne pepper | |

In a large Dutch oven melt butter; add lamb and brown well. Remove, then in the same butter brown well the chicken pieces. Remove; add onions and saute until brown. Return lamb and chicken to Dutch oven. Sprinkle with salt, pepper, and cayenne. Add 2 C water and simmer covered 1 hour. Remove chicken, pour off 1½ C broth and reserve. On top of lamb arrange carrots and peppers. Top with chicken and cook, covered, about 25 minutes, or until vegetables are tender.

Meanwhile in a saucepan, bring reserved 1½ C broth with 1½ C boiling water to boil again. Stir in cracked wheat and 1 t salt. Cook, while stirring, for 3 minutes or until water is absorbed and wheat is crunchy-done. Turn off heat and keep warm.

To serve: Place bowl of cracked wheat in center of serving dish. Surround it with vegetables, chicken and lamb. Skim fat from gravy; pass gravy. Makes 6-8 servings.

Lazelle Northrop

GROUND NUT STEW

(A Favorite Dish in Ghana —

Served with Fried Plantain or Foo Foo)

| | |
|--------------------|------------------------------|
| 1 whole chicken | 2 pt brown stock or water |
| 3 oz sliced onions | Peanut butter — 2 oz or more |
| 2 T tomato puree | |

Remove excess fat and bones from chicken. Cut into 1" pieces and fry in fat until lightly browned. Add onions and steam for a few minutes. Add tomato puree. Add peanut butter to cold stock and strain it onto the meat. Bring to boil and simmer until done. Serve hot with rice or potatoes.

Mrs. Robert Carlson

SAUCE FOR OUTDOOR BARBECUED CHICKEN

"I've never tasted better barbecued chicken than that prepared in the Congo on a crude grill and basted often with this sauce," says Mrs. Wayne Culp, missionary to the Congo.

| | |
|--|------------------------|
| 1 lb margarine | Dash Tabasco |
| $\frac{3}{4}$ C vinegar or lemon juice | 1 t salt for each half |
| 3 heaping T dry mustard | chicken |

Do not salt chicken before barbecuing. This is enough sauce for 6 chicken halves.

Doris Willis

SOUTH AFRICAN YELLOW RICE

| | |
|---------------------|--------------------------|
| 4 oz rice | 1 oz butter or fat |
| 2 T sugar | $\frac{1}{2}$ t cinnamon |
| 1 t tumeric | Salt and pepper to taste |
| 4 oz stoned raisins | |

Wash rice and raisins. Add all ingredients except fat and sugar. Simmer gently until rice is soft. Add sugar and fat. Fold over and over to mix well. Serve hot.

Edna Bryan

GROUNDNUT MUFFINS

| | |
|---------------------------------------|--------------------------------|
| $\frac{1}{2}$ C butter (or margarine) | $\frac{1}{2}$ t baking powder |
| $\frac{1}{4}$ C granulated sugar | $\frac{1}{4}$ t salt |
| 2 eggs | $\frac{2}{3}$ C chopped salted |
| 1 C all-purpose flour | peanuts |

Grease the cups of an 8-muffin pan. In a small bowl beat butter with sugar until light and creamy. Add eggs, one at a time, beating after each is added until mixture is light and fluffy.

Sift flour with baking powder and salt. Add with peanuts to butter mixture. Divide the mixture between muffin cups. Sprinkle tops with chopped peanuts. Bake 12 to 15 minutes in a 425-degree oven.

Alice Edwards

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